

NATD

National Association of Teachers of Dancing

NATD's MEDALLIST OF THE YEAR COMPETITION RULES

Version 1.7.2 (01/08/2026)

Using the following Books

Ballroom

National Association of Teachers of Dancing
(Blue Folder – Revised 2023)

Latin American

National Association of Teachers of Dancing
(Red Folder 1st Edition – 2022)



EFFECTIVE FROM 1st August 2026

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Founded 1906



MEDALLIST OF THE YEAR GRAND FINALS

FOREWORD

The NATD are very proud of their Medallist of the Year Grand Finals, since its inception in 2015 it has become our premier event. It has grown to a two-day event and is enjoyed by medallists of every age and genre. This competition is for students who continue to take their dancing medals and awards with this great association.

The NATD thank all competitors together with their teachers who have taken great care in training their pupils to a very high standard so that they can qualify and take part. The committee are keen to stress that this is not a Pro-Am event and that only the person with the number card on their back is the one that is being judged.

The NATD had a very robust syllabus for all teachers and their pupils to follow as they prepare for this event. All dancers must dance within the competition rules and within the criteria that is laid down in the syllabus. Due to feedback from entering teachers the committee are always receptive to any changes that are suggested. The rules have been amended again this year, so please make sure that you are working with the most up to date version. The amendments that have been made as a direct result of your feedback and show a willingness by the committee to strive for continuous improvement.

All routines need to be choreographed within syllabus and within grade, and at all times must comply with the correct precedes and follows for each chosen figure at the grade at which they are being danced.

On behalf of the President, we thank you for your continued support of this event and look forward to many more years of great dancing.

A handwritten signature in black ink, appearing to read 'K. Page', with a long horizontal flourish extending to the left.

Kevin Page
Chief Executive Officer

1) ENTRY CONDITIONS:

- a. All competitors must have taken a full respective Ballroom medal and a full respective Latin medal examination during the 12-month period prior to the Medallist of the Year Grand Finals. The Examination 12-month period is effective from 1st June 2026 to 31st May 2027. Qualifying Examinations taken on or after June 1st 2026 apply only to MOY 2027.
- i. One Dance examinations are **NOT** considered to be a full medal unless a Silver medal or higher has already been achieved.
 - ii. Annual Performance Awards are **NOT** considered to be a full medal unless a Silver medal or higher has already been achieved.
 - iii. All Competitors must dance Ballroom in the correct age group and competition event that represents the highest medal grade they have achieved within the NATD or any other dance association.
 - iv. All Competitors must dance Latin in the correct age group and competition event that represents the highest medal grade they have achieved within the NATD or any other dance association.
 - v. Solo Competitors must qualify in their relevant competition event(s) at an NATD area qualifying event in order to dance in the Solo sections at the NATD Medallist of the Year Grand Finals.
 - vi. Solo Competitors are limited to dancing in; **ONE** solo event for Ballroom, **ONE** solo event for Latin and all relevant couples events.
 - vii. Solo competitors must choose whether they dance as either; a Leader or a Follower, but **NOT** both. All relevant medals/examinations must have been taken in this role. This rule does not apply to the Special Assistance categories.
 - viii. Solo Competitors are limited to dancing in either the Special Assistance categories or in the Medal graded categories but **NOT** both. A Reasonable Adjustment Form is required for competitors wishing to enter the Special Assistance categories and must be completed when taking their NATD examination.
 - ix. Couples Competitors must dance in the correct age group and medal grade for all couples events. For further information please see entry criteria in these rules; Sections 5, 7, 8, 9 & 10.

NOTE: Anyone who has taken an examination with another association must start their medal journey with the NATD at the same level. For example if you have taken a Ballroom or Latin American Gold with another association then you must start at Gold with the NATD. Please check with a member of the NATD team if you are unsure. Please ring 01635 868888 or email trudi@natd.org.uk for further information.

NOTE: Anyone who has had a break of 5 or more years from medal examinations will be required to email the NATD office with full details of their previous examination information so that the MOY committee can advise the correct grade of re-entry to the NATD's competitive medal system. Please ring 01635 868888 or email trudi@natd.org.uk for further information.

- b. Competitors may dance in non-medallist competitions at Beginner, Novice, Intermediate, Pre-Championship or same-sex levels, either solo or as a couple, without it effecting their Medallist status providing they:
- i. Have not made the top 12 or Semi-Final in a Juvenile, Junior, Youth or Amateur Championship Competition in the last 12 months and are not registered as Championship competitors with the BDC, DPA or any governing body of dance.
- Please note that "Best of British, Champions of Tomorrow, Stars of the Future and Social/Invitational Competitions" are not Championship competitions. Details of Championships can be found in the most up to date version of the "[British Dance Council \(BDC\) Rule Book](#)".
- c. Anyone who has lost their amateur status "**WILL NOT**" be permitted to enter/compete in any NATD Medallist of the Year Events. Please see the most up to date version of the "[British Dance Council \(BDC\) Rule Book](#)". Please use the following link:
- <https://www.britishdancecouncil.com/wp-content/uploads/2024/03/BDC-RULES-240310.pdf>

- d. Competitors must dance in the correct age group and competition event that represents the highest grade they have achieved with the NATD or any other association. In the event of a Rainbow having progressed to the Juvenile grades, a Juvenile having progressed to Junior, or a Junior having progressed to 16 – 21 years, the competitor must enter any appropriate Ex-Rainbow, Ex- Juvenile or Ex-Junior event should this be available.
- i. If further NATD examinations are taken after qualifying but before the Grand Finals, then competitors may continue to dance in the Grade they originally qualified in up to and including the Grand Finals.
 - ii. If a competitor wishes to qualify in their new medal grade at the next NATD qualifying competition they may do so. This new qualification will supersede any previous qualifications.
- e. **A Juvenile becomes a Junior on their twelfth birthday. A Junior becomes an Adult on their sixteenth birthday.**
- i. If after qualifying (In Ballroom or Latin) but before further qualifiers/Grand Final, a competitor has a birthday which takes them into an older age group, they may continue to dance in the original age group they qualified in up to and including the Grand Final. Alternatively, competitors can re-qualify in their new age group – **For both Ballroom & Latin**. New qualifications will supersede any previous qualifications.
 - ii. Once a competitor chooses to dance in a new age group they must remain in that new age group. If this choice is made a new qualification will be required and all previous qualifications will be forfeited.
 - iii. If a competitor is due to change age groups from Juvenile to Junior or Junior to Adult between **1st September to 31st May**, then they may choose to move up early and qualify in the higher age group. Juveniles choosing to dance in Junior must also take their NATD examination as a Junior. Once a competitor has danced in a higher age group they **CANNOT** move back to the lower age group.
- f. **Children may dance in the Rainbow Sections for as many years as they wish until they reach their 8th Birthday. There will be two sections:**
- i. Rainbow Under 6 Years
 - ii. Rainbow Under 8 Years
 - iii. If after qualifying as a Rainbow the child has an 8th birthday, they may continue to dance in that section up to and including the Grand Finals.
 - iv. Alternatively, a Rainbow competitor can re-qualify in their new category – **For both Ballroom & Latin**. New qualifications will supersede any previous qualifications.
 - v. Once a Rainbow competitor chooses to dance in a new category they must remain in that new category.
- g. **Maximum time allowed in competitive medal grade categories:**
- i. **Juvenile Competitors** may dance in any Medal Grade Category for a maximum of **two consecutive** years.
 - PSDT Ex-Rainbow, after 2 consecutive years to move up a grade to Pre-Bronze.
 - PSDT Under 10 years, after 2 consecutive years to move up a grade to PRE-BRONZE.
 - PSDT 10 & 11, after 2 consecutive years to move up a grade to PRE-BRONZE.
 - Pre-Bronze, after 2 consecutive years to move up a grade to BRONZE.
 - Winners at the Medallist of the Year 2025 Grand Finals of the PSDT Under 10 Years or 10 & 11 section will be required to move into the next grade “PRE-BRONZE” before the next years’ qualifiers. Not relevant if less than 6 finalists [RULE 2a].
 - Winners at the Medallist of the Year 2025 Grand Finals of the Pre-Bronze Under 10 Years or 10 & 11 section will be required to move into the next grade “BRONZE” before the next years’ qualifiers. Not relevant if less than 6 finalists [RULE 2a].
 - ii. **Junior Competitors** may dance in any Medal Grade Category for a maximum of **two consecutive** years.
 - iii. **Adult Competitors** may dance in the “Up to & Including Pre-Bronze” Category for a maximum of **four consecutive** years (two years in PSDT, and two years in Pre-Bronze).
 - iv. **Adult Competitors** may dance in other Medal Grade Categories (Bronze – Gold Cross & Bar inclusive) for a maximum of **two consecutive** years.
 - v. **Over 65 Years Competitors** may dance in the “Up to & Including Bronze” Category for a maximum of **six consecutive** years (two years in PSDT, two years in Pre-Bronze, and two years in Bronze).
 - vi. **Over 65 Years Competitors** may dance in “Silver & Gold” Category for a maximum of **four consecutive** years (two years in Silver, and two years in Gold).

h. Changing Age Groups:

Juvenile to Junior: 12 – 15 Years

- i. A former Juvenile competitor who has taken medals up to but **NOT** including Bronze may start from Junior Pre-Bronze providing they have not exceeded their maximum two consecutive years in that grade.
- ii. A former Juvenile competitor who has taken an NATD Exam as a Juvenile (Under 12 Years) will **NOT** be eligible to enter the PSDT section when progressing to Junior.
- iii. A former Juvenile competitor who has taken Bronze or Silver medals may move to Bronze when progressing to Junior but **NOT** lower. These competitors must dance in the relevant Ex-Junior category.
- iv. A former Juvenile competitor who has taken Gold medals or higher may move to Silver when progressing to Junior but **NOT** lower. These competitors must dance in the relevant Ex-Junior category.

Junior to Under 22: 16 – 21 Years

- i. A former Junior competitor who has taken medals up to but **NOT** including Bronze may start from 16–21 years Pre-Bronze providing they have not exceeded their maximum two consecutive years in that grade.
- ii. A former Junior competitor who has taken Bronze or Silver medals may move to Bronze when progressing to 16–21 years but **NOT** lower. These competitors must dance in the relevant Ex-Junior category.
- iii. A former Junior competitor who has taken Gold medals or higher may move to Silver when progressing to 16–21 years but **NOT** lower. These competitors must dance in the relevant Ex-Junior category.

Under 22 to Under 35: 22 – 34 Years

- i. A former 16–21 years competitor who has taken medals up to but **NOT** including Bronze may start from 22–34 years Pre-Bronze providing they have not exceeded their maximum two consecutive years in that grade.
- ii. A former 16–21 years competitor who has taken Bronze or Silver medals may move to Bronze when progressing to 22–34 years but **NOT** lower.
- iii. A former 16–21 years competitor who has taken Gold medals or higher may move to Silver when progressing to 22–34 years but **NOT** lower.

Under 35 to Under 50: 35 – 49 Years

- i. A former 22–34 years competitor who has taken medals up to but **NOT** including Bronze may start from 35–49 years Pre-Bronze providing they have not exceeded their maximum two consecutive years in that grade.
- ii. A former 22–34 years competitor who has taken Bronze or Silver medals may move to Bronze when progressing to 35–49 years but **NOT** lower.
- iii. A former 22–34 years competitor who has taken Gold medals or higher may move to Silver when progressing to 35–49 years but **NOT** lower.

Under 50 to Under 65: 50 – 64 Years

- i. A former 35–49 years competitor who has taken medals up to but **NOT** including Bronze may start from 50–64 years Pre-Bronze providing they have not exceeded their maximum two consecutive years in that grade.
- ii. A former 35–49 years competitor who has taken Bronze or Silver medals may move to Bronze when progressing to 50–64 years but **NOT** lower.
- iii. A former 35–49 years competitor who has taken Gold medals or higher may move to Silver when progressing to 50–64 years but **NOT** lower.

Under 65 to Over 65: 65 – 74 Years

- i. A former 50–64 years competitor who has taken medals up to but **NOT** including Gold may start from 65–74 years up to and including Bronze.
- ii. A former 50–64 years competitor who has taken Gold medals or higher may move to Silver when progressing to 65–74 years but **NOT** lower.
- iii. At the Medallist of the Year Qualifiers competitors can choose to qualify in their relevant Grade for the 50–64 years section or dance in the 65–74 years section.

i. Changing Schools:

- i. If after qualifying a pupil changes school, they will be required to take exams with the new school and re-qualify under that schools' name.
- ii. There may be some exceptions, but these will require authorisation from the MOY Committee.

j. Carers.

- i. Carers access to NATD events may differ. Access is at the discretion of the NATD. The NATD will attempt to work with competition venues and where possible, will likely follow the accessible policy of the venue.

2) PREVIOUS WINNERS:

- a) All previous winners (1st place only) of the Medallist of the Year Grand Final Event – PSDT, Pre-Bronze, Bronze, Silver, and Gold levels are not permitted to enter the same event again and will be required to move to the next Grade after the Grand Finals of that year and before the Qualifying events for the following year.
- b) If the Grand Final has less than 6 competitors, then the above ruling does not apply.

3) MEDALLIST COMPETITION DRESS:

- a) Juvenile: All Juvenile competitions must comply with the most up to date version of the "British Dance Council (BDC) Rule Book". Please use the link below. Alternatively please find a hard copy of these rules is attached to the final pages of this rules document.

<https://www.britishdancecouncil.com/wp-content/uploads/2023/06/Juvenile-Dress-Rules-jan-2019-APPENDIX-4.pdf>

- b) Junior and Adult age groups have no restrictions apart from Tail Suits which are not permitted.

4) SYLLABUS RESTRICTIONS: SOLOS

- a) **Rainbow, PSDT, Pre-Bronze & Bronze** – Restricted to those figures up to and including Bronze (Associate) Syllabus
 - i) Only using Precedes & Follows up to Bronze Level
- b) **Silver** – Restricted to those figures up to and including the Silver (Licentiate) Syllabus
 - i) Only using Precedes & Follows up to Silver Level
- c) **Gold** – Restricted to those figures up to and including the Gold (Fellowship) Syllabus
- d) **Above Gold** – Juveniles restricted to those figures up to an including Gold (Fellowship) Juniors & Adults, Unrestricted.
- e) **Special Assistance** – Juveniles restricted to those figures up to an including Gold (Fellowship) Juniors & Adults, Unrestricted.

5) SYLLABUS RESTRICTIONS: COUPLES

- a) **Rainbow Events** – Restricted to those figures up to and including Bronze (Associate)
- b) **All Pre-Bronze & Bronze** – Restricted to those figures up to and including Bronze (Associate)
- c) **Juvenile Silver & Above** – Restricted to those figures up to and including Gold (Fellowship)
- d) **Junior & Adult Silver & Above** – Unrestricted Syllabus.
- e) **Juvenile Mixed Gender Events** – Restricted to those figures up to and including Gold (Fellowship)
- f) **Juvenile Same Gender Events** – Restricted to those figures up to and including Gold (Fellowship)
- g) **Junior & Adult Mixed Gender Events** – Unrestricted Syllabus.
- h) **Junior & Adult Same Gender Events** – Unrestricted Syllabus.
 - Mixed Gender Events are for a partnership made up of two people who have **different** genders.
 - Same Gender Events are for a partnership made up of two people who have the **same** gender.

Notes on events with syllabus restrictions:

- All competitors must strictly adhere to the designated syllabus for their **grade**.
- From the moment the music begins, only syllabus-appropriate figures are permitted.
- No intros or exits are allowed at any grade.
- A single preparation step may be used at the beginning of each dance.
- All figures must be danced in their entirety.

6) PARTNERING SOLO EVENTS:

- a) All routines need to be choreographed within syllabus and within grade, and at all times must comply with the correct precedes and follows for each chosen figure at the grade which they are being danced.
- b) Competitors can be partnered by an Amateur or a Professional partner.
- c) Partnering with more than one person in an event is at the discretion of the organiser.
- d) At Medallist of the Year Grand Finals Only **ONE PARTNER CHANGE** will be permitted per heat.
- e) Partners must dance within the NATD syllabus that matches the event/grade of the competitor they are partnering.

7) PARTNERING COUPLES EVENTS:

- a) Split Partnerships are **NOT** allowed.
- b) Under **NO** circumstances will a dancer be allowed to dance in different sections of the competition with different partners.
- c) Couples age and grade will be as the individuals were when they qualified as Solos, up to and including the relevant years Grand Final. Applicable to all age groups – Rainbows, Juveniles, Juniors & Adults.

8) JUVENILE COUPLES:

- a) Both **MUST** be Juvenile.
- b) Both must hold current NATD Medals.
- c) They dance in the age group of the **ELDEST**.
- d) They dance in the **HIGHEST GRADE** of the **COUPLE**.
- e) A Juvenile can dance with a Junior to accommodate a partnership. This will not affect their status as a Juvenile, in their own competition.

9) JUNIOR COUPLES:

- a) Both **MUST** be Under 16.
- b) Both must hold current NATD Medals.
- c) They dance in the age group of the **ELDEST**.
- d) They dance in the **HIGHEST GRADE** of the **COUPLE**.
- e) A Junior can dance with an Adult to accommodate a partnership. This will not affect their status as a Junior, in their own competition.

10) ADULT – COUPLES:

- a) Both must hold current NATD Medals.
- b) They must dance in the age group of the **YOUNGEST**.
- c) They dance in the **HIGHEST GRADE** of the **COUPLE**.
- d) Over 65 Years competitors may dance in the 50 – 64 Years section **OR** the Over 65 Years Section but **NOT** both.

11) Trophies, Awards & Results:

- a) An Award will be presented to all finalists of each of the Medallist Events.
- b) The Scrutineer's calculations and Adjudicator's marks/placings will not be published in the public domain.
- c) All decisions are at the discretion of the NATD and are final, including the marks and placings of the Adjudicators.

APPENDIX 4 JUVENILE DRESS - BRITISH DANCE COUNCIL RULE 54 AND BEGINNERS CLASS ADULT AND JUNIOR

DRESS RULES: Ballroom, Latin and Sequence

sponsorship Logos: three sponsor logos are permitted per couple and must not exceed 40 square cms

Hairstyle and make-up to be appropriate for the child's age.

Hair Decoration Small flower or bow (Maximum 8cms in width and without rhinestones, glitter or any other decoration and not made from shiny material) only permitted in the hair. No other decoration is permitted in the hair including glitter spray and rhinestones.

Jewellery of a personal/religious nature may only be worn. Earrings are to be kept simple and small

Armbands, Headbands, Neckbands and Gloves in material are **not** permitted

Shoes Block heel only with a maximum height of 3.5 cm. White ankle socks must be worn.

Materials Materials from the roll with no additional decorations such as lace motifs, rhinestones, sequins or ruching.

Bodice and Skirt To be of the same self colour (dye match). No cut outs with one hem length all the way round. Godets are **not** permitted.

Bodice to be of one material only and to be fully lined up to and including the shoulder seams. See through materials must be fully lined

Bodice length to be waistline or hipline.

Skirt to be of one material

Panelling must be the full length of the dress.

Up to two under skirts permitted and must be non-see through material.

Crinoline or wire are permitted inside hem of top skirt. Crinoline may not be exposed on the bottom of the skirt. Satin ribbon may be used on hems. Hems to be no more than 8cms in depth.

A Sash/Belt is permitted on skirt waist but no wider than 5cms to cover the join. Bow with tails to be no bigger than 5cms and may only be used as a fastening. Buttons and sashes for fastening purposes only. Waistband to be no wider than 5cms. A Sash/Belt on a dress can have a back fastening but must be an integral part of the dress

Neck Lines - Neck lines and Keyhole back **not** lower than top of armpit/underarm. One frill up to 7.5cm in depth or simple collar

Skirt/Dress Length - Permitted from knee level to 5cms above ankle sock. These are to be representative of the genre danced.

Sleeves – Long, Short, Elbow Length, Short Puff, Cap – No frills and Dolman

DRESS – Ballroom, Latin and Sequence:

Trousers - Block black material only (velvet/velour not permitted) Normal or high waisted with optional underfoot strap. Black Satin **ONLY** permitted in stripes and waistbands. Black Satin not permitted in yoke or pocket.

Shirt - White long sleeved (not rolled up and with no additional detail) and must be tucked into trousers. No wing collars or shiny material. Cufflinks permitted

Ties - Black bow tie or regular black tie (no Initials permitted)

Belts – Plain black belt either of leather or similar material with small buckle

Shoes - Black Shoes to be made either of leather, Nubuck or Patent materials

BEGINNERS CLASS – ADULT AND JUNIOR

- (i) Competitors must not wear dinner jackets, cat suits or tail suits
- (ii) Beginner competitions must wear a simple dress or leotard and wrap-over skirt. No dress can have any sequin, diamante or similar decoration