



# BLS Medallist Series 2025/26

The Modern Ballroom, Latin American and Sequence faculties are pleased to welcome you to the 2025/26 BLS Medallist Series.

More information can be found online at [www.istd.org/events](http://www.istd.org/events)



Ballroom	Dance	Categories							
<b>Student/Teacher Events</b>									
Newcomers	Waltz	U8	U12	U16	16-25	26-40	41-64	65+	
U6	Waltz	U6							
U8	Waltz	U8							
SDT	Waltz	U10	U12	U14	U16	16-25	26-40	41-64	65+
PBDT	Quickstep	U10	U12	U14	U16	16-25	26-40	41-64	65+
Bronze	Tango	U12	U14	U16	16-25	26-40	41-64	65+	
Silver & above	Foxtrot	U12							
Silver	Foxtrot	U16	16-25	26-40	41-64	65+			
Gold	Viennese Waltz	U16	16-25	26-40	41-64	65+			
Gold Star & Awards	Quickstep	U16	16-25	26-40	41-64	65+			
<b>Couples Events</b>									
U8	Waltz	U8							
Up to Bronze	Quickstep	U12	U16	16 & over					
Silver & above	Foxtrot	U12	U16	16 & over					

Latin	Dance	Categories							
<b>Student/Teacher Events</b>									
Newcomers	Cha Cha Cha	U8	U12	U16	16-25	26-40	41-64	65+	
U6	Cha Cha Cha	U6							
U8	Rumba	U8							
SDT	Cha Cha Cha	U10	U12	U14	U16	16-25	26-40	41-64	65+
PBDT	Paso Doble*	U10	U12	U14	U16	16-25	26-40	41-64	65+
Bronze	Jive	U12	U14	U16	16-25	26-40	41-64	65+	
Silver & above	Rumba	U12							
Silver	Rumba	U16	16-25	26-40	41-64	65+			
Gold	Jive	U16	16-25	26-40	41-64	65+			
Gold Star & Awards	Cha Cha Cha	U16	16-25	26-40	41-64	65+			
<b>Couples Events</b>									
U8	Cha Cha Cha	U8							
Up to Bronze	Rumba	U12	U16	Adults					
Silver & Above	Jive	U12	U16	Adults					

\*8 beat phrasing music will be used for Paso Doble

American Smooth	Dance	Categories				
<b>Student/Teacher Events</b>						
All Grades	AS Tango	U8	U12	U16	Adults	