

	HOLDS	POSITIONS	PROXIMITIES	FEET	TIMINGS
<b>BRONZE</b>	1. Traditional Ballroom 2. Alternative / Traditional (Bronze) 3. Frame Hold 4. Double Hand 5. Single Hand * Handshake (Waterfall only)	1. Closed 2. Outside Partner (L & R) 3. Promenade 4. Counter Promenade 5. Open (facing) 6. Left & Right-Side Position (Opposite feet only) 7. Inverted Prom. & C. Prom. 8. Back to Back * Shadow allowed for Tango Rocks only	1. Body Contact 2. Close (with Hold) 3. Extended (with Hold)	1. Opposite Feet only * Tango Shadow Position Rocks may be on the same foot. 2. Feet must close, no Continuity Style.	1. Bronze Timings (see timing chart) 2. One syncopation per Bar allowed only in Chasse's with no turn or up to ¼ turn and Locks danced with no turn (Waltz and Foxtrot)
<b>SILVER</b>	All Bronze Holds 6. Handshake 7. Alternative /Traditional (Silver) 8. Cross Hand sustained) 9. Must maintain a minimum of a Single Hand or Frame Hold * May release to No Hold for one bar only	All Bronze Positions and Promenade Position used for Fallaway movements 9. Same Foot Lunge Position 10. Right Shadow Position (Lady in Front) * Left Side Position (same foot) allowed for Foxtrot Grapevine only	All Bronze Proximities 4. Apart (one bar only)	1. Opposite Feet 2. Continuity Style 3. Same Foot allowed in Same Foot Lunge and sustained Right Shadow Position only. (Foot change by the leader is allowed) * Same Foot Foxtrot Grapevine in Left Side Position.	All Bronze Timings 3. One Syncopation per bar only * for Tango Double Syncopated Underarm Turn and V. Crosses in Closed Position 4. One Syncopation per bar in Right Shadow Position is allowed only in Chasse's danced with no turn or maximum of ¼ turn and Locks 5. Picture Lines – maximum of two bars with the weight on one foot * Foot change timing for the leader of one syncopation or a Canter timing within the bar
<b>GOLD</b>	All Bronze & Silver Holds 10. Hammerlock 11. Hands to Body 12. No Hold (max 4 bars, max 8 bars VW)	All Bronze & Silver Positions 11. Right Shadow Position (Lady in Front or Behind) 12. Left Shadow Position (Lady in Front or Behind) 13. Right and Left Side Position (opposite or same foot) 14. Tandem Position (Lady in Front or Behind)	All Bronze & Silver Proximities 5. Apart (max 4 consecutive bars, 8 bars in VW) 6. Away (max 2 consecutive bars, 4 bars in VW)	1. Opposite Feet 2. Continuity Style 3. Same Foot	All Bronze & Silver Timings 6. Picture Lines – maximum of four bars 7. One Syncopation per bar – on Turning Right and Left Shadow figures and Apart Turning Figures 8. Two Syncopations per bar - allowed in Pivot figures in any Closed Position Hold and non turning figures in R Shadow Position. 9. Syncopations on every beat allowed in Advanced Standing Spins only