



2025 AASCF NOVICE AND INTERMEDIATE DANCE RULES

Revised 26th February 2025 (V1R)
Changes to 2024 in Red

	Novice Dance Rules	Intermediate Dance Rules
	Novice must follow the relevant IASF Rules for Dance in the chosen category and age group with the following amendments	Intermediate must follow the relevant IASF Rules for Dance in the chosen category and age group with the following amendments
A. TURNS	<p>Stationary turns (any leg position including a la seconds/fouettés) are limited to 1.25 turning rotations.</p> <p>Series non-travelling turns such as fouettés are not allowed.</p> <p>Series turns which intentionally travel must not involve a jump or leap. <i>*Clarification: travelling turns which involve jumps or leaps include axel turns and turn jetes (calypso). These are not allowed in Novice.</i></p>	<p>Pirouettes limited to 2.25 rotations in any leg position.</p> <p>Series non-travelling turns such as fouettés and a la seconds – limited to 4 rotations with additional 2.25 rotations in any leg position.</p>
B. LEAPS AND JUMPS	<p>‘Russian’ or ‘Switch Jetes’ in any position are not allowed.</p> <p>Turning leaps and jumps are limited to 0.5 rotation whilst airborne – exception saute de basque.</p>	<p>‘Russian’ or “Switch Jete’ – may not connect to or be performed in combination with any other skills.</p> <p>Turning leaps and jumps are allowed up to 1 rotation. Turning leaps and jumps must not have immediate connected skills exception: turning jete can have 1 full rotation on landing to feet or ground.</p>
C. INVERTED SKILLS	<p>Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall).</p> <p>Tiny ONLY: No bridge/backbend or bridge/backbend variations.</p> <p>Airbourne skills with hand support are not allowed: e.g. Kip ups.</p>	<p>As per Novice Rules.</p>
D. TUMBLING AND TRICKS	<p>All hip overhead rotation skills must involve hand support with at least one hand throughout the skill. Hip over head rotation in forward roll or cartwheel position only.</p>	<p>Airborne hip over head rotation skills without hand support in cartwheel position only and must not link to any other skill (e.g. turns).</p> <p>Airborne skills with hand support are allowed provided:</p>

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	<p>Tiny/Mini ONLY: No walkovers or walkover variations.</p> <p>Airborne hip overhead rotation skills are not allowed. <i>Exception: round-offs.</i></p>	<p>i. It is not airborne in approach but may be airborne in the decent. <i>*Clarification: in the approach the hands must touch the ground before the feet leave the ground. E.g. no back handsprings in any division.</i></p> <p>ii. They are limited to 2 consecutive hip over head rotation skills.</p>
E. DROPS TO THE SHOULDER, BACK AND SEAT	<p>No toe rises or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll).</p>	<p>TINY, MINI, YOUTH - No toe rises or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll).</p> <p>JUNIOR, SENIOR, OPEN, ADULT – Toe rise or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll) should not connect to any other skill.</p>
F. PARTNERING AND LIFTS	<p>Any lift in which the executing dancer has their head, neck and torso above extended arm level must involve 3 or more supporting dancers with at least 1 of these in a position to protect the head and neck.</p>	<p>Any lift in which the executing athlete leaves the performance surface, they must maintain constant contact with one supporting athlete throughout the skill.</p>
G. INVERTED LIFTS	<p>Not permitted.</p> <p>Any time a dancer becomes inverted they must have contact with at least one hand on the performance surface.</p> <p>Therefore, any lift in which the executing dancer becomes inverted while not in contact with the performance surface is not allowed (example: cartwheel lift over supporting dancer’s legs is illegal in Novice).</p>	<p>Inversions must start and end on performance surface e.g. cartwheel, assisted tuck/walkover etc.</p>