



2026 AASCF NOVICE AND INTERMEDIATE DANCE RULES

Revised 23rd February 2026 (V2)
Changes to 2025 in *Red*

	Junior Senior Open Adult Novice Dance Rules Novice must follow the relevant IASF Rules for Dance in the chosen category and age group with the following amendments	Junior Senior Open Adult Intermediate Dance Rules 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 secondes/fouettés) are limited to 1.25 turning rotations.</p> <p>Exception – kick turns not allowed.</p> <p>Standing tilt, mount or supported arabesque after a rotation are allowed.</p>	<p>Pirouettes limited to 2.25 rotations in any leg position.</p> <p>Maximum 4 rotations allowed in fouetté/a la secondes combinations 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 saut de basque and turning tuck jump.</p> <p>Turning leaps / jumps / hops allowed are:</p> <ul style="list-style-type: none"> • Turning tuck jumps • Saut de basque • Tour jete 	<p>Turning leaps / jumps / hops allowed but are not limited to:</p> <ul style="list-style-type: none"> • Turning tuck jumps • Saut de basque • Tour jete • Grande jete en tournant • Calypso • Axel • Barrel • Double stag • C jump • Russians / switch jete

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<p>C. INVERTED SKILLS</p>	<p>Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall). May not hold pom and/or costume elements in supporting hand(s). Exception: proper use of hands free poms allowed.</p> <p>Airborne skills with hand support are not allowed: e.g. Kip ups.</p>	<p>No additional amendments to the IASF rules.</p>
<p>D. TUMBLING AND TRICKS</p>	<p>All hip overhead rotation skills must involve hand support with at least one hand throughout the skill. May not hold pom and/or costume elements in supporting hand(s).</p> <p>Airborne hip overhead rotation skills are not allowed. <i>Exception: round-offs.</i></p> <p>Allowed skills:</p> <ul style="list-style-type: none"> • Forward roll • Backward roll • Cartwheel • One-handed cartwheel • Round-off • Bridge kick-over • Front & back walkovers 	<p>Airborne hip overhead 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> <ol style="list-style-type: none"> i. It is not airborne in approach but may be airborne in the decent. <i>Exception: back handsprings.</i> ii. They are limited to 2 consecutive hip overhead rotation skills. iii. May not hold pom and/or costume elements in supporting hand(s) <p>Allowed Skills:</p> <ul style="list-style-type: none"> • Forward roll • Backward roll • Cartwheel • Round-off • Bridge kick-over • Front & back walkovers • Side aerial – limited to 1 • Standing back handspring – limited to 1 • Round off back handspring – limited to 1 • Front handspring – limited to 1



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<p>E. DROPS TO THE SHOULDER, BACK AND SEAT</p>	<p>No toe rises or toe drops (single or double leg) including fly rolls (also known as a Sarah Jane or butterfly roll).</p>	<p>Only drops to the shoulder, back or seat are permitted provided the height of the airborne athlete does not exceed hip level. (Clarification: drops directly to the knee, thigh, front or head are not allowed).</p> <p>Landing on the performance surface in a push up position from an airborne skill while holding poms/costume elements in supporting hand(s) is not allowed.</p>
<p>F. PARTNERING AND LIFTS</p>	<p>Any partnering or 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. May not hold pom and/or costume elements in supporting hand(s).</p> <p>Any lift in which the executing athlete leaves the performance surface, they must maintain constant contact with one supporting athlete throughout the entire skill above waist level.</p> <p><i>Exception: Hip level leap frog style skills are permitted.</i></p>	<p>Any partnering or lift in which the executing athlete leaves the performance surface, they must maintain constant contact with one supporting athlete throughout the skill above shoulder level. May not hold pom and/or costume elements in supporting hand(s).</p> <p><i>Exception: Shoulder level leap frog style skills are permitted.</i></p>
<p>G. INVERTED LIFTS</p>	<p>Not permitted.</p> <p>Any time a dancer becomes inverted they must have contact with 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> <p>Inversions can pause whilst inverted however they cannot perform a movement/motion while inverted.</p>



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The Novice and Intermediate Rules documents are designed to clearly outline the parameters and limitations of each division in alignment with the IASF Dance framework.

Please note that the skills listed within each section are provided as examples of skills that fall within the defined rule boundaries. They are not compulsory inclusions within routines. Choreography is not required to contain these specific elements; rather, the examples serve to clarify what is permitted within each division.

It is also important to understand that Novice and Intermediate athletes are not expected to demonstrate the maximum rotations or advanced variations described. These limits identify the upper boundary of what is allowable - not what is required. Should an athlete be developmentally ready and technically proficient to safely execute a permitted skill within the division guidelines, it will be accepted within that division.

Coaches are encouraged to apply their professional judgement, experience and understanding of athlete progression to ensure dancers are placed appropriately and are developing safely and progressively within these divisions. The intent of these rules is to support skill growth, safety and fair competition - not to mandate specific content.