



2026 AASCF NOVICE AND INTERMEDIATE DANCE RULES

Revised 18th March 2026 (V3)
Changes to 2025 in *Red*

	Tiny Mini Youth Novice Dance Rules Novice must follow the relevant IASF Rules for Dance in the chosen category and age group with the following amendments	Tiny Mini Youth 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><i>Exception – kick turns not allowed.</i></p> <p><i>Standing tilt, mount or supported arabesque after a rotation are allowed.</i></p>	<p>Pirouettes limited to 2.25 rotations in any leg position.</p> <p><i>Maximum 4 rotations allowed in fouetté/a la seconde combinations plus 1.25 exit pirouettes.</i></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 <i>and turning tuck jump.</i></p> <p><i>Turning leaps / jumps / hops allowed are:</i></p> <ul style="list-style-type: none"> • <i>Turning tuck jumps</i> • <i>Saut de basque</i> • <i>Tour jete</i> 	<p><i>‘Russian’ or ‘Switch Jete’ in parallel plane (hip squared forward facing) are allowed.</i></p> <p><i>Turning leaps / jumps / hops allowed are:</i></p> <ul style="list-style-type: none"> • <i>Turning tuck jumps</i> • <i>Saut de basque</i> • <i>Tour jete</i> • <i>Grande jete en tournant</i> • <i>Calypso</i> • <i>Axel</i>
C. INVERTED SKILLS	<p>Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall). <i>May not hold pom and/or costume elements in supporting hand(s). Exception: proper use of hands free poms allowed.</i></p> <p>Airborne skills with hand support are not allowed: e.g. Kip ups.</p>	<p>No additional amendments to the IASF rules.</p>

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<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 <p><i>Exception: front & back walkovers are allowed in Mini & Youth divisions. Tiny – NO Walkovers.</i></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>*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> 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 <p>Airborne hip overhead rotation skills without hand support are not allowed. Exception - Youth Allowed:</p> <ul style="list-style-type: none"> • Side aerial – limited to 1 and must not link to any other skills (e.g. turns).
<p>E. DROPS TO THE SHOULDER, BACK AND SEAT</p>	<p>No toe rises or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll).</p>	<p>Tiny & Mini division - No toe rises or toe drops (single or double leg) including fly rolls (also known as a Sarah Jane or butterfly roll).</p> <p>Exception – Youth division: Toe rises & toe drops allowed. Fly rolls (also known as a Sarah Jane or butterfly roll) are NOT allowed.</p>



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<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 in Mini & Youth.</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 in Mini & Youth.</i></p>
<p>G. INVERTED LIFTS</p>	<p>Not permitted. Any time a dancer becomes inverted they must have contact with the performance surface. 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 must be continuous and 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.