

ACU Dance Documents

1. IASF Dance Rules:
 - Outlines the rules for All Star Dance
2. IASF Dance Glossary
 - Outlines terms used and their definitions
3. ACU Dance Age Grid:
 - Outlines the divisions on offer, including ages, team sizes and levels for each division
4. ACU Dance Deduction System
 - Outlines the definitions for routine infractions and rule violations for All Star dance routines.
5. ACU Dance General Scoring
 - Outline general information regarding divisions and dance styles.
6. ACU Novice & Intermediate Dance Rules
 - Outlines specific requirements within the novice and intermediate divisions



	Junior Senior Open 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 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	Stationary turns (any leg position including a la seconde/fouettes) are limited to 1.25 turning rotations. Series non-travelling turns such as fouettés are not allowed Exception- kick turns not allowed. Standing tilt, mount or supported arabesque after a rotation are allowed.	Pirouettes limited to 2.25 rotations in any leg position. Maximum 8 rotations allowed in fouette combinations (including entry & exit turns) or series turns
B. Leaps & Jumps	'Russian' -also known as-'Switch Jetes' in any position are not allowed. Turning leaps, jumps and hops are limited to 0.5 rotation whilst airborne - exception saute de basque and turning tuck jump. Turning leaps / jumps / hops allowed are: <ul style="list-style-type: none"> ● turning tuck jumps ● saut de basque 	Turning leaps / jumps / hops allowed are: <ul style="list-style-type: none"> ● turning tuck jumps ● saut de basque ● grande jete en tournant ● calypso ● axel ● barrel ● double stag ● disc / turning toe ● c jump

C. Inverted Skills	<p>Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall) and are not allowed while holding poms/costume elements in supporting hand(s). (Exception: proper use of hands free poms allowed).</p> <p>Airborne skills with hand support are not allowed: eg Kip ups</p>	<p>No additional amendments to the IASF rules</p>
D. Tumbling & Tricks	<p>All hip overhead rotation skills must involve hand support with at least one hand throughout the skill.</p> <p>Hip over head rotation in forward/ backward roll or cartwheel position only.</p> <p>Airborne hip over head rotation skills are not allowed. Exception: round-offs.</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: It is not airborne in approach but may be airborne in the descent with the exception of back handsprings.</p> <p>They are limited to two consecutive hip over head rotation skills. May not hold poms and/or costume elements in supporting hand(s).</p> <p>Allowed skills:</p> <ul style="list-style-type: none"> ● forward roll ● backward roll ● cartwheel ● round-off ● bridge kick-over ● front & back walkovers

		<ul style="list-style-type: none"> • side aerial • standing back handspring- limited to 1 • round off back handspring- limited to 1
E. Drops to the shoulder, back and seat	No toe rises or toe drops (single or double leg) including fly rolls (also known as a Sarah Jane or butterfly roll)	<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>
F. Partnering & Lifts	<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.</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>EXCEPTION: Hip level leap frog style skills are permitted</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 entire skill above shoulder level skill.</p> <p>EXCEPTION: Shoulder level leap frog style skills are permitted</p>
G. Inverted Lifts	<p>Not permitted.</p> <p>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 eg cartwheel, assisted tuck/walkover etc</p>

