



2024 AASCF NOVICE Dance Rules

Revised 24th January 2024 (V1)
Changes to 2023 in **Red**

NOVICE DANCE RULES	
Novice 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 seconds/fouettes) are limited to 1.25 turning rotations. Series non-travelling turns such as fouettés are not allowed. 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 (tour jeté). These are not allowed in any Novice section.</i>
B. LEAPS AND JUMPS	'Russian' or 'Switch Jetes' in any position are not allowed.
C. INVERTED SKILLS	Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall). Tiny ONLY: No bridge/backbend or bridge/backbend variations. Airbourne skills with hand support are not allowed: e.g. Kip ups.
D. TUMBLING AND TRICKS	All hip overhead rotation skills must involve hand support with at least one hand throughout the skill. Tiny/Mini ONLY: No walkovers or walkover variations. Airborne hip overhead rotation skills are not allowed. <i>Exception: round-offs.</i> <i>Clarification: aerials and handsprings are not allowed in Novice regardless of age group or category including Hip Hop.</i>
E. DROPS TO THE SHOULDER, BACK AND SEAT	No toe rises or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll).
F. PARTNERING AND LIFTS	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.
G. INVERTED LIFTS	Not permitted. Any time a dancer becomes inverted they must have contact with at least one hand on 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).