



## 2022 AASCF NOVICE Dance Rules

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Changes to 2021 in *Red*

Novice Dance is offered in Pom, Jazz, Hip Hop and Lyrical/Contemporary, in all ages.

Novice Dance is open for beginner All Star Dance teams. This may include brand new teams or beginner teams within an established program; a gentle way of easing new coaches and beginner athletes into our sport and understanding how it all works.

The purpose of Novice Dance is for athletes to perfect basic dance skills before attempting harder skills. There are restrictions with the skills allowed in the Novice division (refer to below rules). The difficulty score is capped at 7.5 out of 10, which reflects the skills allowed in the division.

We encourage only “dance” related skills in this category, focusing on the appropriate style of Dance as well as the associated basic skills required for each style. Please avoid using athlete’s prior skills from other non-dance related sports in Novice as this detracts from its purpose of learning the associated skills needed for All Star Dance.

A dancer CANNOT compete in a Novice division and a regular division within the same style. i.e., if an athlete competes in Novice Jazz, they cannot compete in a regular All Star Jazz division but can compete in the regular All Star Pom, Hip Hop and Lyrical/Contemporary divisions.

Novice Dance is not compulsory for new teams but an option. If you are competing in the regular All Star divisions during the season, you cannot move into Novice for a National Championship (unless recommended by the organisers judging panel at a State Championship).

The time limit for Novice Dance routines is 2:15 minutes, with a minimum routine length of 1:45 minutes.

The difficulty score on the Novice score sheet will be capped to 7.5 out of 10.0, which reflects the skills allowed in Novice Dance.

To maintain the spirit of the division, Novice Dance teams will receive warnings for athlete falls or where a rule violation was the result of a performance error. In other instances, the team may receive a deduction.

## NOVICE DANCE RULES

Novice must follow the relevant IASF Rules for Dance in the chosen category and age group, with the following amendments:

<b>A. TURNS</b>	Stationary (pirouette) turns are limited to one turning rotation. 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>B. LEAPS AND JUMPS</b>	'Russian' or 'Switch Jetes' in any position are not allowed.
<b>C. INVERTED SKILLS</b>	Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall).
<b>D. TUMBLING AND TRICKS</b>	All hip overhead rotation skills must involve hand support with at least one hand throughout the skill. 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>
<b>E. PARTNERING AND LIFTS</b>	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.
<b>F. INVERTED LIFTS</b>	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)