



2024 DanceBrandz Novice/Intermediate Rules

	Novice Dance Rules Novice must follow the relevant IASF Rules for Dance in the chosen category and age group, with the following amendments:	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 (pirouette) turns (any leg postion including a la secondes/Fouettes)are limited to 1.25 turning rotations. Series non-travelling turns such as fouettés are not allowed. Leaps: Series turns which intentionally travel must not involve a jump or leap. Clarification: travelling turns which involve jumps or leaps include axel turns and turning jetes (tour jeté).These are not allowed in any Novice section.	Pirouettes limited to 2.25 rotations in any leg postion . Turns in second - 4 rotations with additional 2.25 pirouette rotations in any leg position.
B.Leaps & Jumps	'Russian' or 'Switch Jetes' in any position are not allowed.	Russian or switch jete - May not connect to or be performed in combination with any other skills. Turning leaps must land through to floor only.
C. Inverted Skills	Non-airborne skills must involve hand support with at least one hand throughout the skill (example:shoulder stall). Airbourne skills with hand support are not allowed: eg kip ups	No additional amendments
D. Inverted Lifts	Not permitted	Inversions must start and end on performance surface eg cartwheel, assisted tuck/walkover etc
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)	Tiny, Mini, Youth: No toe rises or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll) Junior, Senior, Open, Adult: toe rises or toe drops including fly rolls should not connect to any other skill.
F. Tumbling & Tricks	All hip overhead rotation skills must involve hand support with at least one hand throughout the skill. Hip over head rotation in forward roll or cartwheel postiion only. Airborne hip over head rotation skills are not allowed. Exception: Round off	Airbourne hip overhead rotation skills without hand support in cartwheel position only and must not link to any other skill (eg Turns) Airborne skills with hands support are allowed provided: I: It is not airborne in approach but may be airborne in the descent. (Clarification: in the approach the hands must touch the ground before the feet leave the ground) eg no back handspring in any division. ii: They are limited to 2 consecutive hip over head rotation skills.
G. Partnering & 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.	Any lift in which the executing athlete leaves the performance surface, they must maintain constant with one supporting athlete throughout the skill.