



2026 CHEERBRANDZ DANCE RULES

Genre Descriptions • Novice • Intermediate

Revised 5 October 2026 (V3)

Dance Genre Descriptions

Use this section as the quick-reference description of the four dance genres. Each genre is judged as a complete performance: movement style, group execution, choreography, musicality and category-appropriate presentation all contribute to the overall impression.

Genre	Movement identity	Group execution	Choreography focus	Costume / prop expectation
Hip Hop	Authentic street-style influenced movement with groove and style.	Synchronisation, uniformity and spacing.	Musicality, staging, complexity of movement and athleticism.	Costuming should reflect Hip Hop style.
Jazz	Traditional or stylised dynamic movement with strength, continuity, presence and proper technical execution.	Synchronisation, uniformity and spacing.	Musicality, staging, complexity of movement and skills; lively, energetic overall impression with dynamic changes to support musicality.	Costuming should reflect Jazz style.
Pom	Sharp, clean and precise Pom motion technique; may draw from Jazz and Hip Hop concepts.	Synchronisation, uniformity and spacing.	Musicality; visual effects; fluid and creative transitions; levels and groups; complexity of movement and skills.	Poms are required throughout the routine. Costuming should reflect Pom style.
Lyrical / Contemporary	Organic, pedestrian and/or traditional modern or ballet vocabulary that complements the lyric and/or rhythmic value of the music.	Synchronisation, uniformity and spacing.	Musicality, staging, complexity of movement and skills.	Costuming should reflect Lyrical / Contemporary style.



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Hip Hop

Incorporates authentic street-style-influenced movements with groove and style. An emphasis is placed on group execution including synchronisation, uniformity and spacing. The choreography of a dynamic and effective routine utilises musicality, staging, complexity of movement and athleticism. Costuming should reflect the category style.

Jazz

Incorporates traditional or stylised dynamic movements with strength, continuity, presence and proper technical execution. An emphasis is placed on group execution including synchronisation, uniformity and spacing. The choreography of a dynamic and effective routine utilises musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating with the understanding that the dynamics of movement may change to utilise musicality. Costuming should reflect the category style.

Pom

Incorporates the use of Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz and Hip Hop. An emphasis is placed on group execution including synchronisation, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, levels and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. Costuming should reflect the category style.

Lyrical / Contemporary

Incorporates organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. An emphasis is placed on group execution including synchronisation, uniformity and spacing. The choreography of a dynamic and effective routine utilises musicality, staging, complexity of movement and skills. Costuming should reflect the category style.



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2026 CheerBrandz Novice & Intermediate Dance Rules

Novice and Intermediate divisions must follow the relevant IASF Rules for Dance in the chosen category and age group, together with the amendments below.

Quick Reference: Novice vs Intermediate

Rule area	Novice — at a glance	Intermediate — at a glance	Fast check
A. Turns	Stationary turns: max 1.25 rotations. Kick turns not allowed.	Pirouettes: max 2.25 rotations. Fouetté / à la seconde combinations: max 4 rotations, with an additional 2.25 rotations permitted in any leg position.	<i>Count rotations.</i>
B. Leaps & Jumps	Russian / switch jetés not allowed. Airborne rotation generally max 0.5, with stated exceptions.	Broader turning leap / jump / hop vocabulary permitted within IASF framework.	<i>Check airborne rotation + skill type.</i>
C. Inverted Skills	Non-airborne inversions require hand support; airborne hand-supported inverted skills are not allowed.	No additional amendments to IASF rules.	<i>Is it airborne? Is hand support maintained?</i>
D. Tumbling & Tricks	Hip-over-head rotation requires hand support; airborne hip-over-head rotation not allowed except round-offs.	Selected aerial / handspring skills permitted with limits and linking restrictions.	<i>Check support, approach, number in sequence and linking.</i>
E. Drops	No toe rises / toe drops or fly rolls. Airborne drops only to shoulder, back or seat and only from no higher than hip level.	Push-up landing from an airborne skill while holding poms / costume elements in supporting hands is not allowed.	<i>Check landing surface + height + hands.</i>
F. Partnering & Lifts	Contact requirements begin above waist level; hip-level leapfrog-style skills permitted as exception.	Contact requirements begin above shoulder level; shoulder-level leapfrog-style skills permitted as exception.	<i>Check height + continuous contact + support.</i>
G. Inverted Lifts	Not permitted; an inverted dancer must remain in contact with the performance surface.	Must start/end on the performance surface; may pause inverted, but no movement/motion while inverted.	<i>Is the dancer inverted off the floor?</i>



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HOW TO READ THESE RULES

The table below shows the upper limit of what is permitted. A listed maximum is a ceiling, not an expectation. Example skills clarify the boundary of a rule; they are not compulsory choreography.

RULE AREA	NOVICE	INTERMEDIATE
A. TURNS	- Stationary turns in any leg position, including à la seconde / fouettés, are limited to 1.25 turning rotations. - Kick turns are not allowed. - A standing tilt, mount or supported arabesque after a rotation is allowed.	- Pirouettes are limited to 2.25 rotations in any leg position. - A maximum of 4 rotations is allowed in fouetté / à la seconde combinations. - An additional 2.25 rotations in any leg position may be included with the fouetté / à la seconde combination.
	KEY NOTE: 1.25 is the maximum for stationary turns.	KEY NOTE: 4 rotations is the maximum for the fouetté / à la seconde combination itself.
B. LEAPS & JUMPS	- Russian or switch jetés in any position are not allowed. - Turning leaps and jumps are limited to 0.5 rotation while airborne. - Exceptions to the 0.5 airborne rotation limit: saut de basque and turning tuck jump. - Allowed turning examples: turning tuck jump, saut de basque, tour jeté.	Turning leaps / jumps / hops permitted include, but are not limited to: turning tuck jump, saut de basque, tour jeté, grand jeté en tournant, calypso, axel, barrel, double stag, C jump, Russian / switch jetés.
	KEY NOTE: Russian / switch jetés remain prohibited in Novice.	KEY NOTE: The list is illustrative, not exhaustive.
C. INVERTED SKILLS	- Non-airborne inverted skills must involve hand support with at least one hand throughout the skill (example: shoulder stall). - Poms and/or costume elements may not be held in the supporting hand(s). - Exception: proper use of hands-free poms is allowed. - Airborne inverted skills with hand support are not allowed (example: kip-ups).	No additional amendments to the relevant IASF rules.
	KEY NOTE: If it becomes airborne, this Novice exception does not make the skill legal.	KEY NOTE: Use the relevant IASF rule as the controlling standard.



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RULE AREA	NOVICE	INTERMEDIATE
D. TUMBLING & TRICKS	- All hip-over-head rotation skills must involve hand support with at least one hand throughout the skill. - Poms and/or costume elements may not be held in the supporting hand(s). - Airborne hip-over-head rotation skills are not allowed. Exception: round-offs. - Examples of allowed skills: forward roll, backward roll, cartwheel, one-handed cartwheel, round-off, bridge kick-over, front walkover and back walkover.	- Airborne hip-over-head rotation without hand support is permitted in cartwheel position only and must not link to any other skill (example: turns). - Airborne skills with hand support are allowed provided the approach is not airborne; the descent may be airborne. Exception: back handsprings. - Limited to 2 consecutive hip-over-head rotation skills. - Poms and/or costume elements may not be held in the supporting hand(s). - Examples of allowed skills: forward roll, backward roll, cartwheel, round-off, bridge kick-over, front and back walkovers, side aerial (max 1), standing back handspring (max 1), round-off back handspring (max 1), front handspring (max 1).
	KEY NOTE: Round-off is the stated exception to the Novice airborne hip-over-head restriction.	KEY NOTE: Pay particular attention to aerial linking and the one-skill limits listed above.
E. DROPS TO THE SHOULDER, BACK & SEAT	- No toe rises or toe drops, single or double leg, including fly rolls (also known as Sarah Jane or butterfly rolls). - Only drops to the shoulder, back or seat are permitted when the height of the airborne athlete does not exceed hip level. - Drops directly to the knee, thigh, front or head are not allowed.	Landing on the performance surface in a push-up position from an airborne skill while holding poms and/or costume elements in supporting hand(s) is not allowed.
	KEY NOTE: Both the landing body part and the height of the airborne athlete matter.	KEY NOTE: Check whether the hands are needed for the landing and whether they are holding an item.



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RULE AREA	NOVICE	INTERMEDIATE
F. PARTNERING & LIFTS	- Any partnering or lift in which the executing dancer has the head, neck and torso above extended-arm level must involve 3 or more supporting dancers, with at least 1 in a position to protect the head and neck. - Poms and/or costume elements may not be held in the supporting hand(s). - When the executing athlete leaves the performance surface, constant contact with one supporting athlete must be maintained throughout the entire skill above waist level. - Exception: hip-level leapfrog-style skills are permitted.	- When the executing athlete leaves the performance surface, constant contact with one supporting athlete must be maintained throughout the skill above shoulder level. - Poms and/or costume elements may not be held in the supporting hand(s). - Exception: shoulder-level leapfrog-style skills are permitted.
	KEY NOTE: For Novice, the continuous-contact threshold begins above waist level.	KEY NOTE: For Intermediate, the continuous-contact threshold begins above shoulder level.
G. INVERTED LIFTS	- Not permitted. - Any time a dancer becomes inverted, they must have contact with the performance surface. - Any lift in which the executing dancer becomes inverted while not in contact with the performance surface is not allowed. - Example: a cartwheel lift over a supporting dancer's legs is illegal in Novice.	- Inversions must start and end on the performance surface (examples: cartwheel, assisted tuck / walkover). - An inversion may pause while inverted; however, the dancer cannot perform a movement or motion while inverted.
	KEY NOTE: Inverted + off the performance surface = not permitted.	KEY NOTE: The inversion must begin and finish on the floor.



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Division Intent & Coach Guidance

MAXIMUM DOES NOT MEAN REQUIRED

The limits in these rules identify the upper boundary of what is allowable. Novice and Intermediate athletes are not expected to demonstrate the maximum rotations or most advanced permitted variations.

- This Novice and Intermediate Rules document is designed to clearly outline the parameters and limitations of each division in alignment with the IASF Dance framework.
- The skills listed within each section are 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; the examples serve to clarify what is permitted within each division.
- If an athlete is developmentally ready and technically proficient enough to safely execute a permitted skill within the division guidelines, that skill will be accepted within the division.
- Coaches are encouraged to apply professional judgement, experience and an 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.

Coach Quick Check Before Submitting a Legality Query

Check	Question to answer
Division	Is the routine Novice or Intermediate?
Skill family	Is this a turn, leap/jump, inversion, tumble/trick, drop, partnering/lift or inverted lift?
Airborne status	Does the athlete leave the performance surface at any point?
Rotation	How many rotations occur, and are they airborne or grounded?
Hand support	Is hand support required throughout, and are poms/costume elements being held?
Height	For drops/lifts, what is the highest point relative to hip, waist, shoulder or extended-arm level?
Linking	Is the skill connected to another skill, turn or additional hip-over-head rotation?
IASF baseline	Does the relevant IASF Dance rule add any further restriction?