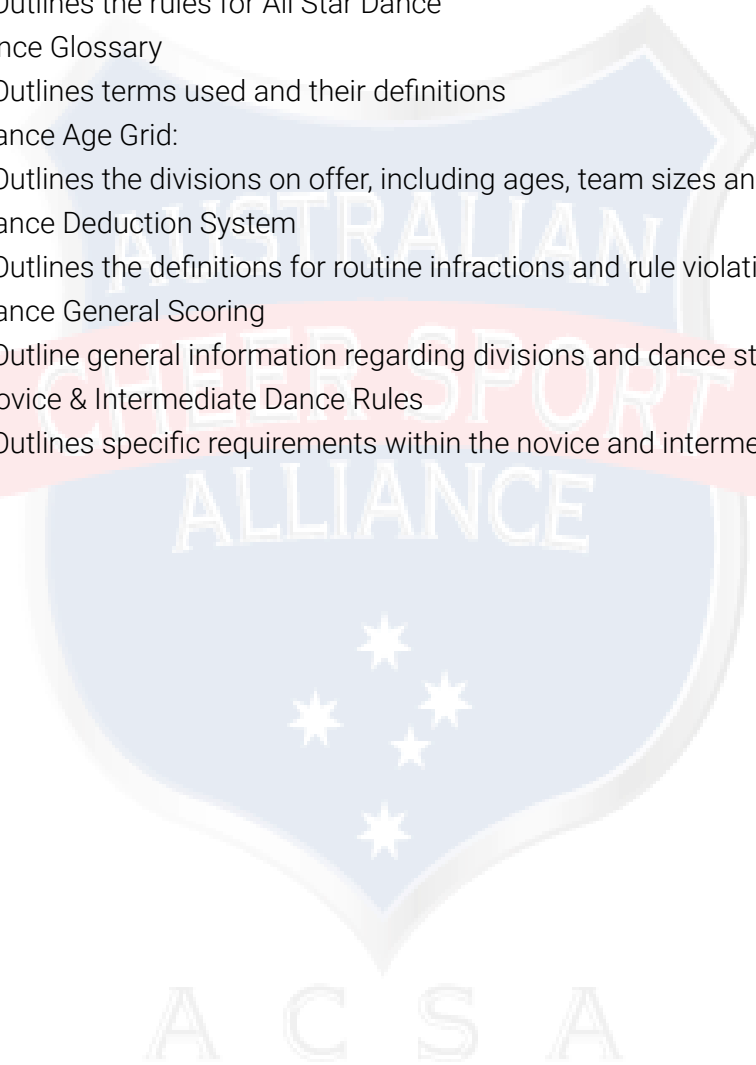




ACSA Dance Documents

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



	<h2 style="text-align: center;">Novice Dance Rules</h2> <p style="text-align: center;">Novice must follow the relevant IASF Rules for Dance in the chosen category and age group, with the following amendments:</p>	<h2 style="text-align: center;">Intermediate Dance Rules</h2> <p style="text-align: center;">Intermediate must follow the relevant IASF Rules for Dance in the chosen category and age group, with the following amendments:</p>
<p>A. Turns</p>	<p>Stationary turns (<i>any leg position including a la secondes/fouettes</i>) are limited to 1.25 turning rotations.</p> <p>Series non-travelling turns such as fouettés are not allowed</p> <p>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</p>	<p>Pirouettes limited to 2.25 rotations in <i>any leg position</i></p> <p>Turns in second – 4 rotations with additional 2.25 pirouette rotations in <i>any leg position</i></p>
<p>B. Leaps & Jumps</p>	<p>'Russian' or 'Switch Jetes' in any position are not allowed.</p>	<p>'Russian' or 'Switch Jeté' - May not connect to or be performed in combination with any other skills.</p> <p>Turning leaps must land through to floor only</p>
<p>C. Inverted Skills</p>	<p>Non-airborne skills must involve hand support with at least one hand throughout the skill (example: shoulder stall)</p> <p>Airborne skills with hand support are not allowed: eg Kip ups</p>	<p>No additional amendments</p>
<p>D. Tumbling & Tricks</p>	<p>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 position only.</p> <p>Airborne hip over head rotation skills are not allowed. Exception: round-offs.</p>	<p>Airborne hip overhead rotation skills without hand support in cartwheel position only and must not link to any other skill (eg turns).</p> <p>Airborne skills with hand support are allowed provided:</p> <ol style="list-style-type: none"> 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 handsprings in any division ii. They are limited to two consecutive hip over head rotation skills.



 		
<p>E. DROPS TO THE SHOULDER BACK AND SEAT</p>	<p>No toe rises or toe drops including fly rolls (also known as a Sarah Jane or butterfly roll)</p>	<p>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 rise or, toe drops including fly rolls should not connect to any other skill</p>
<p>F. Partnering & Lifts</p>	<p>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.</p>	<p>Any lift in which the executing athlete leaves the performance surface, they must maintain constant contact with one supporting athlete throughout the skill.</p>
<p>G. Inverted Lifts</p>	<p>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).</p>	<p>Inversions must start and end on performance surface eg cartwheel, assisted tuck/walkover etc</p>