



Ultimate Dance Experience Rules 2024-2025  
Novice and Prep Divisions



# Ultimate Dance Experience – Dance Prep and Novice Rules 24/25



## GENERAL RULES

Novice teams are gender neutral and will not be split based on gender (novice teams will not be classified as co-ed, all male, etc).

All Category styles in each Age Division will be combined in Novice, no exceptions.

Members on a Novice team may not crossover to a Prep or Elite team in the same style

Novice designation is for new and emerging athletes/programs/teams seeking experience with dance performance and evaluation.

Novice will only be evaluated on a rating system and not scored/ranked against other teams.

Ratings are Superior (Highest), Excellent, and Outstanding.

Novice Teams must follow the USASF / IASF Dance General Rules and the additional Prep & Novice Dance Rules, please note the following in particular:

Routine may not exceed 1:30 (there is no time minimum)

No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills)

ICE and UDE may offer a team of less than 4 athletes to perform, as long as they meet the age restrictions of the Age Grid. Prior approval from the Event Producer is required.

All Category styles in each Age Division will be combined in Prep, unless the Prep splitting rule applies

Members must follow the Prep crossover rules

The Prep designation is offered for emerging teams and dancers and should be scored on a traditional scoresheet.

Prep Teams must follow the USASF / IASF Dance General Rules and the additional Prep & Novice Dance Rules

## II. COMBINING & SPLITTING PREP and NOVICE TIER:

Novice Tier may not split, no exceptions

All performances, regardless of style, in the Prep division categories will be judged against each other unless one of the splitting rules applies.

Event Producers must split Prep routines into separate Categories (Prep Jazz, Prep Pom, Prep Hip Hop, Prep Contemporary/Lyrical, Prep Kick or Prep Variety) by Age Division if:

- a. There are two teams from the same program registered in the same Age Division. (Example: Junior Prep Jazz and Junior Prep Pom teams from the same program will not compete against each other. However, if a program chooses to register two teams in the same Age, Team Size and Category, the teams will compete against each other.)
- b. There are three or more teams in the same category style, and at least two remaining performances in any of the other category styles. (Example: 3 Junior Prep Hip Hop, 1 Junior Prep Pom, and 1 Junior Prep Kick will be split into Junior Prep Hip Hop (with 3 teams) and Junior Prep All Styles (with 2 teams: Prep Pom and Prep Kick)

## CROSSOVERS:

1. Dancer(s) may compete in more than one division and/or category as long as they abide by the age requirements in all divisions in which they compete.
2. Dancer(s) may compete in both Prep and Non-Prep categories with the following limitations:
  - i. They may not compete in routines in the same category. (i.e. Dancer(s) may not compete in Youth Hip Hop and Youth Prep Hip Hop)
  - ii. They may not compete in routines in the same category in a different age division. (i.e. Dancer(s) may not compete in Youth Prep Pom and Junior Pom)
  - iii. Jazz & Contemporary/Lyrical ONLY: Dancer(s) may not crossover and compete in Prep and Non-Prep performances in the Jazz & Contemporary/Lyrical categories. (i.e. Dancer(s) may not compete in Youth Prep Cont/Lyrical and Youth Jazz)
3. Dancer(s) may progress from a Prep to a Non-Prep Team in the same category style over time but may not first compete on a Non-Prep team and later compete on a Prep team in the same style. (Clarification: dancers may only move forward in levels of progression, not backward). (Exception: When only one team is registered in a Prep Division Category at an event the team may move to the Non-Prep category at that event without breaking Crossover Rule 2b at future events.)



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## EXECUTED BY INDIVIDUALS (Tumbling and Aerial Street Style Skills)

Applicable to all PREP & NOVICE divisions and categories

### Inverted skills:

- a. Non-airborne skills must involve hand support with at least one hand throughout the skill (Example: headstand)
- b. Airborne skills with or without hand support are not allowed. (Clarification: Kip up with hand support originating from performance surface is allowed but may not hold poms / props in supporting hand(s) or must have proper use of hands-free poms.)
- c. Inverted skills with hand support are not allowed while holding poms/props in supporting hand(s).

### Skills with hip-over-head rotation:

- a. Non-airborne skills with hand support are not allowed while holding poms/props in supporting hand(s). (Exception: forward rolls, backward rolls and proper use of hands-free poms are allowed)
- b. Non-airborne skills are limited to two consecutive skills)
- c. Airborne skills with or without hand support are not allowed. (Exception: a roundoff that is not connected to any other skill with hip over head rotation.) d. Airborne skills with or without hand support over another dancer are not allowed.

Simultaneous tumbling over or under another dancer that includes hip-over-head rotation by both dancers is not allowed.

Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.

Landing in a push up position onto the performance surface from any airborne skill is not allowed.

## EXECUTED BY GROUPS OR PAIRS

APPLICABLE TO ALL PREP & NOVICE DIVISIONS AND CATEGORIES

- 1 a. The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface.
- b. Novice Only: No Lifts/Stunts allowed (all athletes must keep at least one body part on the ground while performing groups & pairs skills.)
- 2 At least one Supporting Dancer(s) must maintain contact with the Executing Dancer(s) throughout the entire skill and the Executing Dancer's hips cannot elevate above head- level. (Clarification: The Executing Dancer may not be released.)
- 3 Hip-over-head rotation of the Executing Dancer(s) is all allowed provided:
  - a. Contact between the Executing Dancer and the Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface in an upright position. (Clarification: dancers in the NOVICE division may not leave the performance surface while performing groups & pairs skills.)
  - b. The Executing Dancer is limited to one continuous hip over head rotation.
  - c. The height of the executing dancer's hips do not exceed head level.
- 4 The Executing Dancer cannot be inverted in any elevated skill. (Clarification: The Executing Dancer may be vertically inverted if connected to the performance surface.)

## GROUPS & PAIRS: DISMOUNTS TO THE PERFORMANCE SURFACE

- 5 The Executing Dancer may not be released.



## PREP & NOVICE TECHNICAL SKILL LIMITATIONS APPLICABLE FOR ALL DIVISIONS & CATEGORIES

1 Connected/Consecutive technical skills (skills executed without a step, pause, or break in between) are limited to two (2). Exception: kicks are not restricted in number

2 Leaps and jumps are allowed provided the following:

- a. Leaps and jumps that release the head toward the back while airborne are not allowed (Example: C-jump, Firebird or Ring Leap)
- b. Legs do not move across the vertical axis while airborne. (Example: switch leaps are not allowed)

3 Stationary Turns are allowed provided the following:

- a. Working leg is held in a pencil, passé or coupé position. Rotations are limited to 2. (Example: double pirouette).

Exception: Jr & Sr Prep teams may perform a single illusion, or a single leg hold turn.

- b. Axle turns are not allowed.