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Official Addendum to Rules and Regulations

The Following Elements Cannot be included in a “Novice Routine” If included, the adjudicators will reassign the routine to the Intermediate or Advanced Level.

1. Complex Turns

- **Multiple Pirouettes:** Avoid turns that involve multiple rotations, such as double or triple pirouettes, as these require advanced balance, spotting, and control.
- **Turning Leaps:** Movements like turning jetés, fouetté turns, or a la seconde turns should be avoided as they demand higher levels of strength, technique, and coordination.

2. Inverted Movements

- **Handstands and Headstands:** Avoid movements that require inversion, such as handstands, headstands, or elbow stands, which require advanced balance, strength, and core control.
- **Acrobatic Movements:** Movements like cartwheels, walkovers, aerials, or back handsprings are acrobatic in nature and are more suited to higher levels.

3. Advanced Lifts and Partner Work

- **Complex Lifts:** Avoid partner lifts that require significant strength, timing, and coordination, such as high overhead lifts or intricate partnering sequences.
- **Dynamic Partnering:** Advanced partner work, including weight-sharing or complex counterbalances, should be reserved for higher levels.

4. High-Impact Jumps and Leaps

- **Switch Leaps:** Movements like switch leaps or other jumps that involve a change of direction in the air require advanced control and flexibility.
- **Tour Jeté (Grande Jeté en Tournant):** Avoid big, turning leaps that require significant elevation, flexibility, and control to execute properly.

5. Advanced Floor Work

- **Knee Drops or Slides:** Movements that involve dropping to the knees or sliding aggressively on the floor, which can be hard on the body and require advanced control.

- **Floor Inversions:** Avoid advanced floor work that involves inverted positions, complex floor patterns, or rapid directional changes.
6. **Complex Extensions and Flexibility Work**
- **Over-Splits:** Movements that involve extreme flexibility, such as over-splits (splits with one leg elevated higher than the other), should be avoided.
 - **High Leg Extensions:** While basic extensions are appropriate, very high or hyper-extended leg lifts require more advanced strength and flexibility.
 - **Syncopation:** While basic musical interpretation is important, heavy use of syncopation or polyrhythms should be avoided as they demand a higher level of experience.
7. **Intense Dynamics and Tempo Changes**
- **Rapid Tempo Changes:** Avoid choreography that includes sudden or rapid tempo changes, which require advanced timing and control.
 - **Extreme Dynamics:** Movements that involve extreme shifts in dynamics (from very slow to very fast or vice versa) are typically more advanced.
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8. **Highly Stylized or Theatrical Elements**
- **Complex Character Work:** While expression is important, avoid highly stylized or theatrical elements that require advanced acting or character development skills, such as portraying complex emotions or intricate storylines.
 - **Dramatic Props:** Avoid using props that require advanced skill to integrate seamlessly into the performance, such as ribbons, large fabrics, or objects that need to be manipulated in complex ways.

9. The Following Elements Cannot be included in a “Intermediate Routine” If included, the adjudicators will reassign the routine to the Advanced Level.

1. **Highly Complex Turns**

- **Multiple Fouetté Turns:** While single fouetté turns may be appropriate, sequences with multiple fouetté turns, especially consecutive ones, should be avoided as they require exceptional balance, control, and stamina.
- **Advanced Pirouettes:** Avoid combinations of multiple pirouettes with difficult variations, such as en dehors (outside) and en dedans (inside) in rapid succession, or pirouettes from challenging positions like arabesque or attitude.

2. **Extreme Extensions and Flexibility**

- **Over-Splits and Hyperextensions:** While intermediate dancers may perform standard splits and high leg extensions, over-splits and hyperextensions that require extreme flexibility should be avoided.
- **Extreme Backbends:** Avoid deep backbends or contortionist moves that require significant flexibility and strength, such as standing scorpions or extreme cambres (back arches).

3. **Advanced Acrobatic Movements**

- **Aerial Acrobatics:** Movements like advanced flips should be avoided, as these are more suited to an advanced or acrobatic level.

- **Complex Inversions:** Advanced inversions, such as elbow stands with intricate leg positions or sustained handstands with complex transitions, should be avoided.
4. **Intricate Partnering and Lifts**
 - **High-Risk Lifts:** Intermediate dancers should avoid lifts that are high-risk or require advanced strength and coordination, such as overhead lifts or lifts with multiple directional changes.
 - **Complex Partnering Sequences:** Avoid partner work that involves intricate weight-sharing, counterbalances, or rapid transitions that demand advanced skill and timing.
 5. **Fast and Complex Footwork**
 - **Highly Syncopated Footwork:** While some syncopation can be introduced at the intermediate level, avoid footwork that is highly syncopated or requires extremely fast, intricate patterns that are difficult to execute cleanly.
 - **Advanced Rhythmic Variations:** Avoid rhythms that require a deep understanding of musicality, such as polyrhythms or very complex tempo changes that are hard to maintain consistently.
 6. **Advanced Floor Work**
 - **Complex Floor Sequences:** Avoid intricate floor sequences that involve rapid changes in direction, advanced rolls, or complicated patterns that require high-level coordination.
 - **Floor Work with Multiple Levels of Difficulty:** Avoid combinations of floor work that involve moving through multiple challenging positions in quick succession.
 7. **Extreme Dynamics and Tempo Changes**
 - **Dramatic Dynamic Shifts:** While intermediate dancers can begin to explore dynamics, avoid extreme shifts from very slow to very fast or vice versa, which require advanced control and timing.
 - **Complex Tempo Changes:** Avoid choreography that includes rapid and frequent tempo changes, especially those that require advanced musicality to interpret effectively.
 8. **Highly Stylized or Theatrical Elements**
 - **Complex Character Work:** While expression is important, avoid highly stylized or theatrical elements that require advanced acting or character development skills, such as portraying complex emotions or intricate storylines.
 - **Dramatic Props:** Avoid using props that require advanced skill to integrate seamlessly into the performance, such as ribbons, large fabrics, or objects that need to be manipulated in complex ways.