

AUREX

Dance Rules & Guidelines · Season 2026–2027

General Safety

- All teams must have an emergency action plan in the event of injury.
- Coaches are responsible for accurately assessing the abilities of their dancers.
- The routine must not exceed the team's skill level.
- Even permitted elements must not be performed if they pose a safety risk.
- Technical elements may only be performed under the supervision of a qualified coach.
- Technical skills may not be performed on concrete, asphalt, or other hard, wet, uneven, or unsafe surfaces.

Tumbling & Tricks

- Front and back aerials and aerial cartwheels may not be performed with poms in both hands unless they are hands-free.
- Skills bearing full weight on hands or head are prohibited when holding poms in both hands.
- Direct drops to knees, thighs, back, front, head, neck, shoulders, or seat are prohibited.
- The dancer must first bear weight on hands or feet before contacting the floor.
- Landing directly into a push-up position from a jump is considered unsafe.
- Landings on the head or neck are strictly forbidden.
- Kip-up motions must initiate from the back or shoulder area.

Lifts & Partnering

- The executing dancer must be supported by at least one supporting dancer maintaining floor contact throughout the skill (exception: kick line leaps).
- Hip-over-head rotations are permitted provided the dancer returns safely to hands or feet.
- Simultaneous tumbling over or under another dancer with rotation is not permitted.
- Drops from lifts to knees, back, shoulders, head, or seat are considered unsafe and are prohibited.

Release Moves

- Jumping, leaping, or pushing off a supporting dancer is permitted.

- Basket tosses are not allowed in AUREX dance divisions.
- Release moves are permitted if the dancer's head remains above the feet at all times.

Competition Guidelines

- The maximum routine time for all dance divisions is 2:15 minutes.
- There is no minimum routine time.
- Teams must perform with a minimum of six dancers on the competition floor.
- A minimum of six dancers must be registered and paid.
- Competing with fewer than six dancers is not permitted.
- Substitutions are allowed in case of injury if alternates are properly registered.
- A responsible adult must be present for the start and finish of the routine music.

Technical Consultation

- Teams may request technical consultation regarding the safety of specific skills during the season.
- Video submissions may be required for evaluation.
- Approvals from other competitions may be considered but are subject to final approval by AUREX.

