

## 2019-2020 HIGH SCHOOL SONG/POM, SONG/JAZZ DIVISION LIMITATIONS

In addition to the rules covered in the "2019-2020 Song/Pom and Song/Jazz Safety Rules for School and Youth Sports Teams" the following restrictions also apply to teams entering a Song/Pom Novice or Song/Pom Intermediate Division.

### Novice Song/Pom Division

Teams competing in Song/Pom Novice, must follow the below technical skill limitations:

1. Turns are limited to: Chaine turns, single pique (one rotation) and single pirouette turn (one rotation)
  - a. Single pirouette turns may be executed in passé, coupe, pencil and attitude positions.
  - b. Turn sequences such as consecutive fouetté turns and/or second turns are not permitted.
  - c. Axels are not permitted.
2. Leaps are limited to a basic split leap with a step or chasse as the prep. The basic split leap is also referred to as a forward/front leap, jete or saut de chat. A basic stag leap with a step or chasse as the prep is also permitted. Leaps must follow the below limitations:
  - a. The preparation for the leap must be a step or chasse. (Clarification: A chaine turn directly into the leap is not permitted).
  - b. The leap is executed in the same direction as the prep/approach. (Clarification: no changing direction of the body).
  - c. The legs may be straight or in attitude position.
3. Jumps (except a turning C jump), leg hold (with no rotations), kicks, kicklines and illusions are permitted.
4. The following skills are not permitted: Multiple turns, (with the exception of the permitted turns), second leap (leaps in 2<sup>nd</sup> position), surprise leap, calypso leap, reverse leap, tour jete, turning C jump, switch/scissor leaps, leg hold turns and axels.

### Intermediate Song/Pom Division

5. In addition to the skills permitted at the Novice level, the following skills will be permitted at the Intermediate level: double pirouettes (two rotations), single leg hold turn (one rotation), axels, tour jete, second leap (leap in 2<sup>nd</sup> position), surprise leap, calypso leap, reverse leap and one eight count of fouetté turns/second turns (see #2 below).
  - a. Single and double pirouette turns may be executed in passé, coupe, pencil and attitude positions.
  - b. A single or double pirouette, plie, into a single or double pirouette turn is permitted but the plie must be clear, or it may be considered a pirouette with more than 2 rotations.
  - c. Switch leaps/scissor leaps are not permitted.
6. Turn sequences must meet the following criteria:
  - a. You are permitted to do a maximum of **TWO** separate turn sequences in your routine, which can be performed by one or more team members. Turn sequences may not be performed consecutively.
    - i. Pirouettes that are not performed separately from fouette turns and second turns are not considered turn sequences.
    - ii. Traveling turns (i.e. chaine turns, pique turns) are not considered turn sequences.
  - b. Turn sequences are limited to fouette turns, second turns and pirouettes **only**. No other skills besides these turns are permitted within a turn sequence. No other skills can be connected and/or executed immediately out of the last turn before ending the turn sequence.
    - i. Single and double pirouette turns within the sequence may be passé, coupe, pencil and attitude positions. Clarification: Touching/holding the working leg during the turn sequence is not permitted.
    - ii. Spot direction must remain consistent throughout the entire turn sequence.
    - iii. Floats may be performed only as part of a turn sequence and is limited to a double (two rotations).
  - c. Each turn sequence is limited to one eight count of turning (not counting the prep or ending/completion of the turn sequence).
    - i. When a turn sequence starts with a fouette turn or second turn, the eight count will begin when the working leg opens to second position. When a turn sequence begins with a pirouette turn, the eight count begins immediately.
    - ii. The completion of the turn sequence must occur after one eight count (or other words, "count 9"). For example, A turn sequence begins with a second turn and the working leg opens to 2<sup>nd</sup> position on count "1" the landing/completion of the sequence must finish on the following count "1."
    - iii. Dancer(s) must come to a complete stop with the body in an upright position (chest up) with both feet on the performance surface before executing another skill/move.

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### *Intermediate Song/Pom Division Continued*

7. Fouette turns, second turns and floats may be performed only as part of a turn sequence. (see above intermediate #2b)
8. The following advanced dance technique skills will not be permitted at the Intermediate level: (i.e. switch/scissor leaps, double leg hold turns or more, triple pirouettes, turn sequences that are longer than one eight count, 3 or more turn sequences in a routine).

### *Advanced Song/Pom Division*

There are no technical skill limitations for this division except for those noted in the "2019-20 Song/Pom/Song-Jazz Safety Rules for School and Rec Teams."

### *Freshman Song/Pom Division*

There are no technical skill limitations for this division except for those noted in the "2019-20 Song/Pom/Song-Jazz Safety Rules for School and Rec Teams."

### *Songleader/Jazz Division*

There are no technical skill limitations for this division except for those noted in the "2019-20 Song/Pom/Song-Jazz Safety Rules for School and Rec Teams."