

2017-2018 SONG/POM DIVISION LIMITATIONS

General Safety Rules

Executed by Individuals:

Inverted skills and tumbling: Non-airborne skills are allowed (i.e. headstand).

Hip Over Head Rotation: Tumbling skills with hip over head rotation:

- Non airborne skills are allowed.
- Non airborne skills are limited to 3 connected skills (example: 3 consecutive cartwheels are allowed, 4 consecutive cartwheels are NOT allowed).
- Airborne skills with or without hand support are not allowed (exception: aerial cartwheel that is not connected to any other skill with hip over head rotation).
- Hip over head rotation skills with hand support are not allowed while holding poms or props in supporting hand (exception: forward rolls and backward rolls are allowed).

Drops: 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.

Shushunovas: Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.

Kip Ups/Rubber Bands/Broncos: Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, back, shoulders and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground

NOTE: This rule refers only to the "rubber band"/ "bronco" kip up skill.

Executed by Groups or Pairs:

Lifts and Partnering:

- The executing dancer must maintain contact with a supporting dancer who is in direct contact with the performance surface at all times (exception: kick line leaps).
- At least one supporting dancer must maintain contact with the executing dancer(s) until the executing dancer returns to the performance surface.
- Lifting with poms is allowed.

Stunts: Elevator, thigh stands, shoulder sits and chair sits are allowed. Extensions and all other cheer based stunts are not allowed.

Hip Over Head Rotation: Hip over head rotation of the executing dancer(s) may occur as long as a supporting dancer maintains contact until the executing dancer returns to the performance surface or is returning to the upright position. The executing dancer is limited to one continuous hip over head rotation.

- A vertical inversion is allowed if: contact between the executing dancer and at least one supporting dancer(s) must be maintained until the executing dancer returns to the performance surface or is returning to the upright position.
- When the height of the executing dancer's shoulders exceed shoulder level there is at least one additional dancer to spot who does not bear weight of the executing dancer

NOTE: When there are 3 supporting dancers, an additional spot is not required.

Unassisted Dismounts:

Leaps, Steps, Pushes:

An executing dancer may jump. Leap, step, or push off a supporting dancer if:

- The highest point of the released skill does not elevate the executing dancers hips above head level.
- When the height of the skill is between hip level and shoulder level, the executing dancer may not pass through the prone or inverted position after the release.
- Toe pitch back tucks are not allowed.

Tossing One Another:

A supporting dancer may toss an executing dancer if:

- The highest point of the toss does not elevate the executing dancer's hips above head level.
- The executing dancer is not supine or inverted when released.
- The executing dancer does not pass through a prone or inverted position after release.
- Toe pitch back tucks are not allowed.

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Novice Song/Pom Division

Legal Skills:

The following skills are permitted: chaine turns, single pirouettes (may be executed in passé, coupe, pencil, and attitude positions), single piques, all jumps (including C jumps and tilt jumps) stag leap/jump, forward/front leap, leg holds, kicks and illusions. Forward/front leaps and stag leap/jumps must meet the following criteria:

- The preparation/approach is a chasse or step.
- The skill is executed in the same direction as the preparation approach.

Illegal Skills:

The following skills are NOT permitted: Advanced dance technique and tricks [i.e. multiple turns, (with the exception of those listed above), axels, tour jete, leaps (with the exception of those listed above) and/or leg hold turns]. Turn sequences such as consecutive fouette turns and/or second turns are not permitted.

Intermediate Song/Pom Division

Turns: In addition to the rules at the Novice level, the following skills are permitted at this level: double pirouettes (may be executed in passé, coupe, and pencil position), single leg hold turn, axels, calypso, tour jete, leaps (except switch/scissor leaps). A single and double pirouette may be executed in passé, coupe, pencil and attitude positions.

Turn Sequences: Turn sequences must meet the following:

- You are permitted to do a maximum of 2 separate turn sequences in your routine, which can be performed by one or more team members. Turn sequences may not be performed consecutively. Pirouettes that are not performed separately from fouette turns and second turns are not considered turn sequences. Traveling turns (i.e. chaine turns, pique turns) are not considered turn sequences.
- 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. Single and double pirouette turns within the sequence are limited to passé, coupe, pencil and attitude positions. Touching/holding the working leg during the turn sequence is not allowed. Spot direction must remain consistent throughout the entire turn sequence. Floats may be performed as part of a turn sequence and is limited to a double.
- Each turn sequence is limited to one eight count (not counting the prep or ending/completion of the turn sequence). If the sequence starts with a fouette turn or second turn, the eight count will begin when the working leg opens to second position. A single additional count is allowed in order to complete the turn and/or clean immediately following the sequence. The completion of the turn sequence must occur after one eight count (or other words, "count 9"). For example, if the working leg opens to 2nd position on count "1" the landing/completion of the sequence must finish on the following count "1." Dancer(s) must come to a complete stop with the body in an upright, standing position with both feet on the performance surface before executing another skill/move.

Fouette Turns: Fouette turns, second turns and floats may be performed only as part of a turn sequence.

NOTE: The following advanced dance technique skills are not permitted: 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 what is in the **general safety rules** outlined above.