

## 2018-2019 HIGH SCHOOL SONG/POM DIVISION LIMITATIONS

In addition to the rules covered in the "2018-2019 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 Novice Division.

### Novice Song/Pom Division

1. The following skills will be permitted at the Novice level: chaine turns, single pirouettes, single piques, all jumps (including c jumps and tilt jumps) stag jump/leap, forward/front leap, leg holds, kicks, kicklines and illusions.

- a) *Single pirouette turns may be executed in passé, coupe, pencil and attitude positions.*
- b) *Forward/front leaps and stag jumps/leaps 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.*

2. The following skills are not permitted at the Novice level: 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 leg hold turns].

- a) *Turn sequences such as consecutive fouette turns and/or second turns are not permitted.*

### Intermediate Song/Pom Division

1. In addition to the skills permitted at the Novice level, the following skills will be permitted at the Intermediate level: double pirouettes, single leg hold turn, axels, calypso, tour jete, leaps (except switch/scissor leaps).

- a) *Single and double pirouette turns may be executed in passé, coupe, pencil and attitude positions.*

2. Turn sequences must meet the following criteria:

- a) 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.*
- 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.
  - *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.*
  - *Spot direction must remain consistent throughout the entire turn sequence.*
  - *Floats may be performed only as part of a turn sequence and is limited to a double.*
- c) Each turn sequence is limited to **one eight count** of turning (not counting the prep or ending/completion of the turn sequence).
  - *If the turn sequence starts with a fouette turn or second turn, the eight count will begin when the working leg opens to second position.*
  - *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.*

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### *Intermediate Song/Pom Division Continued*

3. Fouette turns, second turns and floats may be performed only as part of a turn sequence. (see above intermediate #2b)
4. 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 "2018-2019 Song/Pom/Song-Jazz Safety Rules for School and Youth Sports Teams."

### *Songleader/Jazz Division*

There are no technical skill limitations for this division except for those noted in the "2018-2019 Song/Pom/Song-Jazz Safety Rules for School and Youth Sports Teams".

## 2018-2019 SONG/POM & SONG/JAZZ/YOUTH SAFETY RULES AND GUIDELINES

Routines in these divisions must also follow the rules listed in the  
"2018-19 High School Song/Pom Division Limitations."

### SAFETY RULES - SONG/POM & SONG/JAZZ/YOUTH TEAMS 2018-19 COMPETITION SEASON

#### GENERAL GUIDELINES

1. For Song/Pom and Pep Flag divisions, a school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming". (Exception: Costuming is allowed in the Jazz Category.)
2. All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. (Exception: Half-sole shoes and dance paws are acceptable in the Jazz category.)
3. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a uniform or the hair and will not interfere with the safe execution of a dance/pom/twirling move. (Exception: Jewelry that is a part of a costume will be allowed in the Jazz Category.)
4. Support braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered.
5. Props are not allowed. A prop is any physical object used to enhance the overall effect and or theme of the routine. (Exception: pom or pep/short flag.)

#### EXECUTED BY INDIVIDUALS - INVERTED SKILLS AND TUMBLING:

1. Inverted Skills: Non-airborne skills are allowed (Example: Headstand).
2. Skills with hip overhead rotation:
  - a. With hand support are not allowed while holding poms or props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed.) The use of hands-free poms for hip overhead rotation skills is allowed.
  - b. Non-airborne skills are allowed and are limited to 3 connected skills. Example: 3 consecutive cartwheels are allowed, 4 consecutive cartwheels are not allowed.
  - c. Airborne skills with or without hand support are not allowed. (Exception: Aerial Cartwheel that is not connected to any other skill with hip overhead rotation.)
3. Simultaneous tumbling over or under another dancer that includes hip overhead rotation by both dancers is not allowed.
4. 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.
5. 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.
6. Airborne skills without hip overhead 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 specifically and only to the "rubber band" / "bronco" kip up skill.)

## 2018-2019 SONG/POM & SONG/JAZZ/YOUTH SAFETY RULES AND GUIDELINES

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### SAFETY RULES - SONG/POM & SONG/JAZZ/YOUTH TEAMS 2018-19 COMPETITION SEASON CONTINUED.

#### EXECUTED BY GROUPS OR PAIRS - LIFTS AND PARTNERING:

1. 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.)
2. When a skill is above hip level, at least one Supporting Dancer must maintain contact with the Executing Dancer until the Executing dancer returns to the performance surface.
3. Lifting with poms or pep/short flags is allowed.
4. Hip over-head rotation of the Executing Dancer(s) is allowed provided:
  - a. 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.
  - b. The Executing Dancer is limited to one continuous [hip-over-head] rotation.
5. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions (see glossary for definition) are not allowed.
6. A Vertical Inversion is allowed provided:
  - a. 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.
  - b. When the height of the Executing Dancer's shoulders exceeds shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. (Clarification: When there are 3 Supporting Dancers, an additional spot is not required.)

#### GROUPS & PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE (CLARIFICATION: MAY BE ASSISTED BUT NOT REQUIRED)

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer(s) provided:
  - a. The highest point of the released skill does not elevate the Executing Dancer's hips above head level.
  - b. The Executing Dancer does not pass through the prone or inverted position after the release.
  - c. Toe pitch back tucks are not allowed.
2. A Supporting Dancer(s) may toss an Executing Dancer provided:
  - a. The highest point of the toss does not elevate the Executing Dancer's hips above head level.
  - b. The Executing Dancer is not supine or inverted when released.
  - c. The Executing Dancer does not pass through a prone or inverted position after release.
  - d. Toe pitch back tucks are not allowed.