



2022-23 SONG/POM, SONG/JAZZ & PEP/SHORT FLAG DIVISION LIMITATIONS

In addition to the rules covered in the “2022-23 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Rec teams” the following dance technical restrictions also apply to teams entering Song/Pom Novice, Song/Pom Intermediate and Pep Flag – 2 Flag Novice division.

For Song/Pom - The division limitations cover dance technical skills. For tumbling skills (executed by individuals) and skills done by groups and pairs (i.e., lifts and partnering) please see the Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules.

Please refer to the Glossary of Terms for rules and skills terminology.

Song/Pom - Novice Division

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

1. Turns are limited to: Chainé 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) A single pirouette, plie, into another single pirouette turn is permitted but the plie must be clear, or it may be considered a pirouette with more than 1 rotation.
 - c) Turn sequences such as consecutive fouette turns and/or a la second turns are not permitted.
 - d) Axels are not permitted.
2. Leaps are limited to a basic split leap with a step or chassé 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 chassé as the prep is also permitted. Leaps must follow the below limitations:
 - a) The preparation for the leap must be a step or chassé. (Clarification: A chainé 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 2nd position), surprise leap, calypso leap, reverse leap, tour jete, turning C jump, switch/scissor leaps, leg hold turns and axels.

Please Note: For technical skills or combination of skills that are not specifically addressed in the “Novice” limitations, the USA has the discretion to determine the level of difficulty of that skill based on the similarity of other skills for that particular division.

Song/Pom - Intermediate Division

1. 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 2nd position), surprise leap, calypso leap, reverse leap and one eight count of fouette 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.
2. 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 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 in 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 are 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 in other words, "count 9.") For example – A turn sequence begins with a second turn and the working leg opens to 2nd 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 for at least one count before executing another skill/move. Clarification: The stop/completion of the turn sequence cannot be a prep into another technical skill.
3. Fouette turns, second turns and floats may be performed only as a 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 or more, turn sequences that are longer than one eight count, 3 or more turn sequences in a routine).

Please Note: For technical skills or combination of skills that are not specifically addressed in the “Intermediate” limitations, the USA has the discretion to determine the level of difficulty of that skill based on the similarity of other skills for that particular division.

Song/Pom - Advanced Division

There are no technical skill limitations for this division except for those noted in the “2022-23 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules for School/Youth (Rec) Teams.”

Song/Pom - Freshman Division

There are no technical skill limitations for this division except for those noted in the “2022-23 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules for School and Youth (Rec) Teams.”

Songleader/Jazz Division

There are no technical skill limitations for this division except for those noted in the “2022-23 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules for School and Rec Teams.”

Pep Flag 2-Flag Novice Division

1. Individual members are limited to no more than two flags at one time. This includes twirls,
2. tricks and exchanges. [i.e., the use of 3-flags and 4-flags per individual member is not
3. permitted.]
4. Lifts, executed in groups or pairs, will not be permitted at the Novice level. [Exception: thigh stands]
5. Thigh stands are permitted, but not required, in the Novice division with the following
6. limitations:
 - a) The supporting member(s) must maintain both feet on the performance surface throughout the entire skill.
 - b) The executing member(s), as well as the supporting member(s), is/are limited to angles and twirls.
 - c) The executing member(s) are limited to a passé leg position on a single base thigh stand. A single mount may not transition directly to a multiple base mount.
 - d) In a multiple base thigh stand, executing member(s) must maintain both feet on the supporting members throughout the entire skill. [clarification: hitches will be allowed]. A multiple base mount may not transition directly to a single base mount.

Pep Flag 1-Flag And 2-Flag Divisions

There are no technical skill limitations for these divisions except for those noted in the “2022-23 USA Song/Pom and Pep/Short Flag General Safety Rules for School Teams.”

Please Note: For technical skills or combination of skills that are not specifically addressed in the “2 Flag Novice” limitations, the USA has the discretion to determine the level of difficulty of that skill based on the similarity of other skills for that particular division.

If you have questions, please email usacompetitions@varsity.com.