



2023-24 SONG/POM, SONG/JAZZ & PEP/SHORT FLAG DIVISION LIMITATIONS

High School Teams

In addition to the rules covered in the “2023-24 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules” the following dance technical restrictions also apply to teams entering Song/Pom Novice and Song/Pom Intermediate 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 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 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. Technical Skill/Element Restrictions:

A. Turning Skills:

- 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 turn is permitted but the plie must be clear, or it may be considered a pirouette with more than 2 rotations.

B. Turn sequences:

- 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.
- b. Pirouettes that are performed separately from fouette turns and second turns are not considered turn sequences.
- c. Traveling turns (i.e., chaine turns, pique turns) are not considered turn sequences.
- d. Turn sequences are limited to fouette turns, A la Seconde 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. Fouette turns, second turns may be performed only as a part of a turn sequence.
 - iv. Floats are not permitted
 - v. Changing spot/direction is not permitted
- e. Each turn sequence is limited to one 8-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 8-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 8-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.

C. Leaps/Jumps:

- a. Switch leaps/Scissor leaps are not permitted.
- b. Leaps/jumps that release the head toward the back must be performed stationary and cannot be connected to any other skill or technical element.
- c. Preparations for traveling leaps and/or jumps are limited to a step or chasse. A chaine turn used as a preparation directly into a leap and/or jump is not permitted.
- d. Dancer(s) must come to a complete stop with both feet on the performance surface for at least one count before executing another skill or technical element. The landing must not be a preparation for another skill or technical element.

In addition to the skills permitted at the Novice level, the following skills will be permitted or not permitted at the Intermediate level.

Permitted

Double Pirouettes (2 rotations)
Single Leg Hold Turn (1 rotation)
Tour Jete
Second Leap (leap in 2nd position)
Surprise Leap
Reverse Leap
Toe Touch
One 8-count of Fouette Turns/Second Turns
(see #1B above)
Kip Ups (with hands)
Headsprings (with hands)

Not Permitted

Triple Pirouettes (3 rotations or more)
Double Leg Hold Turns (Or more)
Calypso Leap
Axels
Switch/Scissor Leap
Turn sequences longer than one 8-count
Turning Disc/chaine second jump
3 or more turn sequences in a routine
Floats
Ariel/ Front Ariel
Side Somis

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 “2023-24 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules.”

Song/Pom - Freshman Division

There are no technical skill limitations for this division except for those noted in the “2023-24 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules.”

Songleader/Jazz Division

There are no technical skill limitations for this division except for those noted in the “2023-24 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules.”

Pep Flag 2-Flag Division

There are no technical skill limitations for this divisions except for those noted in the “2023-24 USA Song/Pom and Pep/Short Flag General Safety Rules.”

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