



2025-26 SONG/POM & SONG/JAZZ DIVISION LIMITATIONS

High School Teams

In addition to the rules covered in the “2025-26 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules” the following dance technical restrictions also apply to teams entering Song/Pom Novice, Song/Pom Intermediate and Song/Jazz Intermediate divisions.

For Song/Pom and Song/Jazz - 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. Dancers must have 4 counts between the completion of one technical skill to the execution of another.
 - a) Example: Dancer does a single pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on counts 2, 3 & 4 and legally execute another skill on count 5.
 - i. Exception : chaines & piques in succession.
 - ii. Exception : chaine battement/fan
2. 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.
3. 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. Clarification: Tilt Jumps & a basic stag leap are permitted provided the prep is a step or chasse. Leaps must follow the limitations below:
 - 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 legs may be straight or in attitude position.
 - c) The executing dancer/dancers are permitted to release the head back on any permitted leap. The leap can be executed in a different direction as the prep/approach, as long as the prep is limited to a step or chasse.

4. Jumps (except a turning C jump), Leg hold (with no rotations), kicks, kicklines and illusions are permitted.
5. The following skills are not permitted: Multiple turns (with the exception of the permitted turns), second leap (leaps in 2nd position), calypso 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. Any limitations specifically addressed below in the Intermediate Division level will also be considered illegal in the Novice Division.

Song/Pom and Song/Jazz - Intermediate Division

1. **Dancers must have 2 counts between the completion of one technical skill to the execution of another.**
 - b) **Example: Dancer does a double pirouette and lands on count 1 - dancer can use transitional steps, choreography, or preparatory steps on count 2 and legally execute another skill on count**
 - i. Exception : chaines & piques in succession.
 - ii. Exception : chaine battement/fan
2. 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. **New Language: Both feet of the dancer(s) must make contact with the performance surface after the completion of a technical skill. Dancers must have 2 counts between the completion of one technical skill to the execution of another.**

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. **New Language: Both feet of the dancer(s) must make contact with the performance surface after the completion of a technical skill. Dancers must have 2 counts between the completion of one technical skill to the execution of another.**
 - i. **Exception: Dancer(s) may land on one foot from a leap/Jump, as long as the lifted foot then makes direct contact with the performance surface immediately following that landing and before any other technical element is executed.**
 - 1. **Ex. Soute Jump Count 1, Land in back coupe Count 2, step into a drag on Count 3 with the lifted foot that was in coupe.**
 - ii. Clarification: Jump sequences or multiple jumps in a row are not permitted

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

<u>Permitted</u>	<u>Not Permitted</u>
Double Pirouettes (2 rotations)	Triple Pirouettes (3 rotations or more)
Single Leg Hold Turn (1 rotation)	Double Leg Hold Turns (Or more)
Tour Jete	Calypso Leap
Second Leap (leap in 2 nd position)	Axels
Surprise Leap	Switch/Scissor Leap
Reverse Leap	Turn sequences longer than one 8-count
Toe Touch	Turning Disc/chaine second jump
One 8-count of Fouette Turns/Second Turns (see #1B above)	3 or more turn sequences in a routine
Kip Ups (with hands)	Floats
Headsprings (with hands)	Ariel/ Front Ariel
Multiple Jumps in Succession	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 and Song/Jazz - Advanced Division and Song/Pom Game Day

There are no technical skill limitations for this division except for those noted in the “2025-26 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules.”

Song/Pom - Freshman and Jr. High Division

There are no technical skill limitations for this division except for those noted in the “2025-26 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 “2025-26 USA Song/Pom and Pep/Short Flag General Safety Rules.”

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