



## 2026-2027 SONG/POM & SONG/JAZZ DIVISION LIMITATIONS

All updates and changes for the 2026-27 season are denoted in **red text**.

Routines must also follow the rules listed in “2026-2027 Spirit Rules & Regulations” and the “2026-2027 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules”. Please refer to the “2026-2027 High School Song/Pom, Song/Jazz and Pep/Short Flag Glossary of Terms” for rules and skills terminology. All documents listed can be found within the Competitions tab under Divisions, Rules & Scoring for Spirit Divisions.

Song/Pom, Song/Jazz and Pep Flag videos and any specific skill and safety questions that pertain to the 2026-2027 Division Limitations or 2026-2027 Safety Rules should be submitted using the following form: [USA Song/Pom Legality Inquiry Form](#)

### **Song/Pom - Novice Division Limitations**

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, Chaine battement/fan **and kicklines**.
2. Turns are limited to: Chaine turns, single pique (one rotation) and single pirouette turn (one rotation).
  - a. Single pirouette turns may be executed in passé, coupe, pencil or 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 fouetté turns and/or a la secondé turns are not permitted.
3. Leaps are limited to a basic split leap with a step or chasse as the preparation. The basic split leap is also referred to as a forward/front leap, jeté or saut de chat.
  - a. Leaps must follow the limitations below:
    - i. The preparation for the leap must be a step or chasse.
    - ii. A chaine turn directly into the leap is not permitted.
    - iii. The legs may be straight or in attitude position.

- iv. 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. Stationary jumps are permitted but must adhere to the 4-count rule (Novice Division Limitation #1).
- a. Example: Toe Touch

The permitted and not permitted list of skills below does not list all skills that may or may not be permitted. Make sure to read all division limitations listed above.

<b>Permitted</b>	<b>Not Permitted</b>
Single Turn/Pirouette	Turns with multiple rotations
Chaine & Pique Turn	Calypso
Split Leap/jeté/Saut de Chat	Turning C-Jump
Surprise Leap	Turn Sequences/Fouettés/Al la secondé
Reverse Leap	Second Leap
Tilt Jump	Tour Jete
Toe Touch	Axel
Kickline	Leg Hold Turn
Illusion	Multiple jumps in a row
Cartwheel	Front & Back Walkover
Kip Up	Head Spring

**Important Notice:** 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 division. Any limitations specifically addressed below in the Intermediate Division level will also be not permitted in the Novice Division.

### **Song/Pom and Song/Jazz - Intermediate Division**

Teams competing in Song/Pom Intermediate and Song/Jazz Intermediate Divisions, must follow the below technical skill limitations:

- 1. Dancers must have 2 counts between the completion of one technical skill to the execution of another.
  - a. 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, Chaine battement/fan **and** kicklines.

## 2. Turning Skills

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

## 3. 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.
  - i. Traveling turns (i.e., chaine turns, pique turns) are not considered turn sequences.
  - ii. 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.
  - iii. Single and double pirouette turns within the sequence may be in passé, coupe, pencil, and attitude positions.
  - iv. Touching/holding the working leg during the turn sequence is not permitted.
  - v. Spot direction must remain consistent throughout the entire turn sequence. Changing spot/direction is not permitted.
  - vi. Floats are not permitted. Clarification: A float is considered a turn with the working leg in second position for more than one rotation without a plie in between.
  - vii. Fouette turns, second turns may be performed only as a part of a turn sequence.
- c. Each turn sequence is limited to one 8-count of turning (not counting the preparation 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. Both of the dancer(s) feet must make contact with the performance surface after the completion of a technical skill.

1. Examples: Double pirouette counts 1 & 2 into a rond de jambe on count 3. OR Single pirouette count 5 into a 3-step turn on counts 6,7 & 8.

#### 4. Leaps/Jumps

- a. Switch leaps/Scissor leaps are not permitted.
- b. 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.
- 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. Jump sequences or multiple jumps in a row are not permitted.
- e. Both of the dancer(s) feet must make contact with the performance surface after the completion of a technical skill.
  - i. 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. Example: 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.

In addition to the skills permitted at the Novice level, the following skills will be permitted or not permitted at the Intermediate level. **The permitted and not permitted list of skills below does not list all skills that may or may not be permitted. Make sure to read all division limitations listed above.**

#### **Permitted**

Double Pirouettes (2 rotations)  
Single Leg Hold Turn (1 rotation)  
Tour Jete  
Center Leap (leap in 2<sup>nd</sup> position)  
Surprise Leap  
Reverse Leap  
Toe Touch  
One 8-count of Fouette Turns/Second Turns  
Cartwheel  
Kip Ups (with hands)  
Headsprings (with hands)  
Front & Back Walkover

#### **Not Permitted**

Triple Pirouettes (3 rotations or more)  
Double (or more) Leg Hold Turn  
Calypso  
Axel  
Switch/Scissor Leap  
Turning Disc/chaine second jump  
Floats  
Aerial/ Front Aerial/Butterfly Aerial  
Side Somis  
Multiple Jumps in Succession  
540  
**Raiz Jump**

**Important 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 “2026-27 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 “2026-27 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 “2026-27 USA Song/Pom and Pep/Short Flag General Safety Rules.”

Song/Pom, Song/Jazz and Pep Flag videos and any specific skill and safety questions that pertain to the 2026-2027 Division Limitations or 2026-2027 Safety Rules should be submitted using the following form: [USA Song/Pom Legality Inquiry Form](#)