



2026-2027 DANCE 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 Dance Rules & Regulations**” and the “**2026-2027 Dance Safety Rules**”. All documents listed can be found within the Competitions tab under Divisions, Rules & Scoring for Spirit Divisions.

[Division, Rules & Scoring - USA](#)

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 Dance Legality Inquiry Form](#)

Intermediate Division Limitations

Teams competing in all 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**.
 - ii. Legwork/extensions are considered a technical skill and should follow the above 2 count guidelines. (i.e. Battement, fan, tilt kick or hold)
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.

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.**

<u>Permitted</u>	<u>Not Permitted</u>
Double Pirouettes (2 rotations)	Triple Pirouettes (3 rotations or more)
Single Leg Hold Turn (1 rotation)	Double (or more) Leg Hold Turn
Tour Jete	Calypso
Center Leap (leap in 2 nd position)	Axel
Surprise Leap	Switch/Scissor Leap
Reverse Leap	Turning Disc/chaine second jump
Toe Touch	Floats
One 8-count of Fouette Turns/Second Turns	Aerial/ Front Aerial/Butterfly Aerial
Cartwheel	Side Somis
Kip Ups (with hands)	Multiple Jumps in Succession
Headsprings (with hands)	540
Front & Back Walkover	Raiz Jump
	Front & Back Handspring

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.

Intermediate Division Limitation - Exception

In the Intermediate Division, the following exclusions are allowed beyond the 2026-2027 Intermediate Division Limitations. **This is allowed but not required.**

1. (2) 'Spotlights' are permitted within a single routine.
 - a. Each Spotlight may be a maximum of one 8-count.
 - i. The 'Spotlight' begins at the first count in which the executing dancer(s) goes beyond the Intermediate Division Skill Restrictions.
 1. If the executing dancer(s) is executing a turn at the time at which they go beyond the restrictions, then the spotlight will be counted from the time of the start of the turn.
(Example: Dancer(s) preps on count 1 and executes a triple pirouette on counts 2,3,4. The spotlight 8-count thus began on count 2).
 - b. 3 or less dancers may be spotlighted at one time.
 - c. 2 or more dancers being spotlighted at the same time while doing a different sequence of skills will be considered 2 'Spotlights'.
 - d. The above exclusion only pertains to USA Dance Regionals, USA Dance Classics & the USA Dance Nationals.

Championship Division Limitations

There are no technical skill limitations for this division except for those noted in the **"2026-2027 USA Dance Safety Rules."**

Junior Varsity, Junior High & Non-leveled Division Limitations

There are no technical skill limitations for this division except for those noted in the **"2026-2027 USA Dance Safety Rules."**

Legality Review

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 Dance Legality Inquiry Form](#)

Any additional questions may be sent to USADanceRules@varsity.com.