



Song/Pom and Pep/Short Flag General Safety Rules School/Youth Teams 2011-12 Competition Season

Note: Routines in these divisions must also follow the rules listed in “2011-12 General Information for School/Youth Sports Teams” and the “2011-12 High School Song/Pom Division Limitations.”

***Highlighted sections indicate a change in rules.**

1. A school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). Pants are not allowed. Costuming is not allowed. If an accessory or article of clothing adds to the overall effect and/or theme of the routine, it will be considered "costuming".
2. All participants must wear shoes. All footwear must have soft soles and be non-marking. Athletic or appropriate dance shoes that cover the toes and entire sole of the foot are permitted.
3. Wearing "hard" jewelry is illegal, except when such items are securely affixed to a uniform or the hair and will not interfere with the safe execution of a dance/pom/twirling move.
4. Support braces, etc., which are hard and unyielding or have rough edges or surfaces must be appropriately covered.
5. Props are not allowed. A prop is any physical object used to enhance the overall effect and or theme of the routine. (Exception: pom or pep/short flag)

Tumbling and Tricks (Executed by individuals):

Tumbling and/or Tricks: An Acrobatic or gymnastic skill executed by an individual dancer without contact, assistance or support of another dancer(s) and begins and ends on the performance surface.

1. Tumbling is allowed (but not required) in Songleading/Pom and Pep Flag divisions as long as there is constant contact with the performance surface. Airborne skills are not allowed.
2. Weight bearing skills and/or tumbling on the performance surface are not allowed while holding poms or pep/short flag. Weight bearing skills include stalls, etc. (***Exception: forward and backward rolls***).
3. Weight bearing skills and/or tumbling with poms attached to the hand or fingers is not allowed.
4. **Simultaneous tumbling over or under another team member is not allowed.**

The following are examples of skills that are allowed and not allowed:

ALLOWED

Forward/Backward Rolls
Shoulder Rolls
Cartwheels
Headstands
Handstands
Backbends
Front/Back Walkovers
Round-Offs
Dive Rolls (in a piked position)

NOT ALLOWED

Front/Back Hand Springs
Front/Back Tucks
Side Somi
Layouts
Aerial Cartwheels
Head Springs

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4. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a turn, jump, stand, or inverted position must first bear weight on the hand/s or feet/foot in order to break the impact of the drop.

5. Drops to a push up position onto the performance surface are permitted from a standing or kneeling position or from a jump with forward momentum (i.e. Flying Squirrel) or an X, Star or Spread Eagle Jump. **All variations of a Shushunova are not permitted.**

Dance Lifts, Tricks and Partnering (Executed as partners or groups)

Dance Lifts, Tricks and Partnering are permitted and are defined below:

Dance Lift: An action in which a dancer(s) is elevated from the performance surface by one or more dancers and set down. A dance Lift is comprised of "Lifting" dancer(s) and "Elevated" dancer(s).

Dance Trick: An action in which a dancer(s) executes a skill with support from one or more dancers. A Dance Trick is comprised of "Supporting" dancer(s) and "Executing" dancer(s).

Partnering: An action in which two or more dancers use support from one another, but are not elevated. Partnering can involve both "Supporting" and "Executing" skills.

Elevated Dancer: A dancer who is lifted from the performance surface as a part of a Dance Lift.

Executing Dancer: a dancer who performs a skill as a part of a Dance Trick or uses support from another dancer or dancers when Partnering.

Lifting Dancer: A dancer(s) who lifts an Elevated Dancer as a part of a Dance Lift.

Supporting Dancer: A supporting dancer(s) who is a part of a dance trick and bears the primary weight of a lifted dancer. A supporting dancer(s) holds, tosses or and/or maintains contact with an Executing Dancer as a part of a Dance Trick or Partnering Skill.

1. **Any Lifting/Supporting Dancer(s) who has primary weight of a Lifted Dancer** must maintain direct contact with the performance surface at all times.

2. At least one Lifting/Supporting Dancer must have hand/arm/body to hand/arm/body contact with the Elevated/Executing Dancer(s) throughout the entire Lift, Trick or Partnering skill.

(Exception: A dancer who is not prone can release contact below shoulder level [of the Lifting/Supporting dancer when standing upright].)

3. Jumping or leaping off a dancer above **hip level [of the Lifting/Supporting dancer when standing upright]** is allowed as long as there is hand/arm (Lifting/Supporting dancer) to hand/arm/body (Elevated/Executing dancer) throughout the skill. ***(Example: A dancer who is not prone may jump or leap off another dancer below shoulder level [of the Lifting/Supporting dancer when standing upright]. A dancer may step off another dancer.)***

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4. Tossing a dancer is only allowed if the highest point of the toss does not elevate the Executing Dancer's hips above shoulder level [of the Lifting/Supporting dancer when standing upright] and the Executing Dancer is not prone or inverted. When released the Executing Dancer cannot pass through an inverted position.

5. Swinging Lifts and Tricks are allowed provided the Elevated/Executing Dancer's body does not make a complete circular rotation and is in a face up, non-prone position at all times.

6. Hip over head rotation of the Elevated/Executing Dancer(s) may occur as long as his/her shoulders do not exceed shoulder level [of the Lifting/Supporting dancer when standing upright].

7. Vertical Inversions are allowed as long as the shoulders of the Executing/Elevated Dancer are below shoulder level [of the Lifting/Supporting Dancer when standing upright].

8. Hand to hand vertical inversions are prohibited.

9. All stunts and/or pyramids are prohibited. (*Exceptions: pony sit, thigh stand, shoulder sit.*)