



2018-19 DIVISION LIMITATIONS SONG/POM, SONG/JAZZ & PEP/SHORT FLAG HIGH SCHOOL TEAMS (UPDATED 7/8/18)

In addition to the rules covered in the “2018-19 USA Song/Pom, Song/Jazz and Pep/Short Flag Safety Rules for School and Youth Sports Teams” the following restrictions also apply to teams entering a Song/Pom Novice, Song/Pom Intermediate, or Pep Flag Novice division.

SONG/POM NOVICE DIVISION

1. The following skills will be permitted at the Novice level: chaine turns, single pirouettes, single piques, all jumps (including c jumps and tilt jumps), stag jump/leap, forward/front leap, leg holds, kicks, kicklines and illusions.
 - a) Single pirouette turns may be executed in passé, coupe, pencil and attitude positions.
 - b) Forward/front leaps and stag jumps/leaps must meet the following criteria:
 - i. The preparation/approach is a chasse or step.
 - ii. The skill is executed in the same direction as the preparation/approach.
2. The following skills will not be permitted at the Novice level: Advanced dance technique and tricks [i.e. multiple turns (with the exception of the turns listed above), axels, tour jete, leaps (with the exception of the leaps listed above) and leg hold turns].
 - a) Turn sequences such as consecutive fouette turns and/or second turns are not permitted.

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. In addition to the skills permitted at the Novice level, the following skills will be permitted at the Intermediate level: double pirouettes, single leg hold turn, axels, calypso, tour jete, leaps (except switch/scissor leaps).
 - a) Single and double pirouette turns may be executed in passé, coupe, pencil and attitude positions.

2. Turn sequences must meet the following criteria:
 - a) You are permitted to do a maximum of 2 separate turn sequences in your routine, which can be performed by one or more team members. Turn sequences may not be performed consecutively.
 - i. Pirouettes that are performed separately from fouette turns and second turns are not considered turn sequences.
 - ii. Traveling turns (i.e. chaine turns, pique turns) are not considered turn sequences.
 - b) Turn sequences are limited to fouette turns, second 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. Floats may be performed only as part of a turn sequence and is limited to a double.
 - c) Each turn sequence is limited to one eight count of turning (not counting the prep or ending/completion of the turn sequence).
 - i. If the turn sequence starts with a fouette turn or second turn, the eight count will begin when the working leg opens to second position.
 - ii. The completion of the turn sequence must occur after one eight count (or other words, "count 9." For example, if 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, standing position with both feet on the performance surface before executing another skill/move.

3. Fouette turns, second turns and floats may be performed only as a part of a turn sequence (See above intermediate #2b).

4. The following advanced dance technique skills will not be permitted at the Intermediate level (i.e. switch/scissor leaps, double leg hold turns or more, triple pirouettes, turn sequences that are longer than one eight count, 3 or more turn sequences in a routine).

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 “2018-19 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules for School/Youth (Rec) Teams.”

SONGLEADER/JAZZ DIVISION

There are no technical skill limitations for this division except for those noted in the “2018-19 USA Song/Pom/Song-Jazz and Pep/Short Flag Safety Rules for School and Youth (Rec) Teams.”

PEP FLAG 2-FLAG NOVICE DIVISION

1. Individual members are limited to no more than two flags at one time. This includes twirls, tricks and exchanges. [i.e. the use of 3-flags and 4-flags per individual member is not permitted.]
2. Lifts, executed in groups or pairs, will not be permitted at the Novice level. [Exception: thigh stands]
3. Thigh stands are permitted, but not required, in the Novice division with the following limitations:
 - a) The supporting member(s) must maintain both feet on the performance surface throughout the entire skill.
 - b) The executing member(s), as well as the supporting member(s), is/are limited to angles and twirls.
 - c) The executing member(s) are limited to a passé leg position on a single base thigh stand. A single mount may not transition directly to a multiple base mount.
 - d) In a multiple base thigh stand, executing member(s) must maintain both feet on the supporting members throughout the entire skill. [clarification: hitches will be allowed]. A multiple base mount may not transition directly to a single base mount.

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.

PEP FLAG 1-FLAG AND 2-FLAG DIVISIONS

There are no technical skill limitations for these divisions except for those noted in the “2018-19 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Youth (Rec) Teams.”

Changes for the 2019-20 season will be announced in Summer 2019.

If you have questions, please email Carina Clendenin at Cclendenin@varsity.com or call (800) 886-4872 ext. 2023.