



2018-19 SAFETY RULES SONG/POM, SONG/JAZZ & PEP/SHORT FLAG

SCHOOL & YOUTH (REC) TEAMS (Rev. 7/8/18)

NOTE: Routines in these divisions must also follow the rules listed in “2018-19 High School Spirit (or Junior Spirit) General Information” and the “2018-19 High School Song/Pom and Pep/Short Flag Division Limitations.”

Blue indicates a change/update from the 2017-18 competition season.

GENERAL GUIDELINES

1. For Song/Pom and Pep Flag divisions, a school uniform that is worn for game/sideline cheering or performing must be worn (i.e. skirt and top). 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". (Exception: Costuming is allowed in the Jazz Category – Please refer to the High School Spirit Competitions General Information for more details on costuming).
2. All participants must wear soft-soled shoes on both feet while competing. Shoes must have a solid sole and cover the toe and heel. **(Exception: Half-sole shoes and dance paws are acceptable in the Jazz category.)**
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. (Exception: Jewelry that is a part of a costume will be allowed in the Jazz Category).
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)

EXECUTED BY INDIVIDUALS - INVERTED SKILLS AND TUMBLING:

1. Inverted Skills: Non airborne skills are allowed (Example: Headstand).
2. Skills with hip over head rotation:
 - a) With hand support are not allowed while holding poms or props in supporting hand(s). (Exception: forward rolls and backward rolls are allowed). The use of hands-free poms for hip over head rotation skills is allowed.
 - b) Non airborne skills are allowed and are limited to 3 connected skills. Example: 3 consecutive cartwheels are allowed, 4 consecutive cartwheels are not allowed.
 - c) Airborne skills with or without hand support are not allowed. (Exception: Aerial Cartwheel that is not connected to any other skill with hip over head rotation).
3. Simultaneous tumbling over or under another dancer that includes hip over head rotation by both dancers is not allowed.
4. Drops to the knee, thigh, back, shoulder, seat, front or head onto the performing surface are not allowed unless the dancer first bears weight on the hand(s) or foot/feet.
5. Landing in a push up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are not allowed.
6. Airborne skills without hip over-head rotation may not jump from a standing or squatting position backwards onto the neck, back, shoulders and/or hands. Any kip up motion must initiate from the back/shoulder area touching the ground. (NOTE: This rule refers specifically and only to the "rubber band" /"bronco" kip up skill.)

EXECUTED BY GROUPS OR PAIRS - LIFTS AND PARTNERING:

1. The Executing Dancer must maintain contact with a Supporting Dancer who is in direct contact with the performance surface at all times. (Exception: Kick Line Leaps).
2. When a skill is above hip level, at least one Supporting Dancer must maintain contact with the Executing Dancer until the Executing dancer returns to the performance surface.
3. Lifting with poms or pep/short flags is allowed.
4. Hip over-head rotation of the Executing Dancer(s) is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - b) The Executing Dancer is limited to one continuous [hip-over-head] rotation.
5. Elevators, thigh stands, shoulder sits, and chair sits are allowed. Extensions (see glossary for definition) are not allowed.

6. A Vertical Inversion is allowed provided:
 - a) Contact between the Executing Dancer and at least one Supporting Dancer(s) must be maintained until the Executing Dancer returns to the performance surface or is returning to the upright position.
 - b) When the height of the Executing Dancer's shoulders exceed shoulder-level there is at least one additional dancer to spot who does not bear the weight of the Executing Dancer. (Clarification: When there are 3 Supporting Dancers an additional spot is not required).

**GROUPS & PAIRS - DISMOUNTS TO THE PERFORMANCE SURFACE
(CLARIFICATION: MAY BE ASSISTED BUT NOT REQUIRED)**

1. An Executing Dancer may jump, leap, step, or push off a Supporting Dancer(s) provided:
 - a) The highest point of the released skill does not elevate the Executing Dancer's hips above head level.
 - b) The Executing Dancer does not pass through the prone or inverted position after the release.
 - c) Toe pitch back tucks are not allowed.
2. A Supporting Dancer(s) may toss an Executing Dancer provided:
 - a) The highest point of the toss does not elevate the Executing Dancer's hips above head level.
 - b) The Executing Dancer is not supine or inverted when released.
 - c) The Executing Dancer does not pass through a prone or inverted position after release.
 - d) Toe pitch back tucks are not allowed.

Song/Pom, Song/Jazz and Pep Flag questions can be sent to Carina Clendenin at cclendenin@varsity.com or call (800) 886-4872 ext. 2023.