



2009-10 High School Teams **Song/Pom Division Limitations**

In addition to all rules covered in the “2009-10 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Youth Sports Teams” the following restrictions also apply to teams entering a “Song/Pom – Novice” or a “Song/Pom – Intermediate” division.

Song/Pom Novice Division

- The following skills will be permitted at the Novice level: chaine turns, single pirouettes, single piques, all jumps (including c jumps and tilt jumps), forward/front leap, leg holds, kicks, and/or kicklines.
- 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, leaps (with the exception of a forward/front leap) and/or leg hold turns].

Song/Pom Intermediate Division

- 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, leaps (except for the leaps listed below).
- Turn sequences must meet the following criteria:
 - You are permitted to do a **maximum of 2 stationary turn sequences** in your routine, which can be performed by one or more team members.
 - Turn sequences are limited to fouette, second turns and pirouettes only. No other skills besides these turns are permitted within a turn sequence.
 - Each turn sequence can be no longer than **one eight count** and turn sequences may not be performed consecutively.
 - Turn sequences must be completed with both feet on floor before executing another skill.
- Fouette and second turns may be performed only as a part of a turn sequence (see above).
- 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).

Song/ Pom Advanced Division

There are no technical skill limitations for this division except for those noted in the “2009-10 USA Song/Pom and Pep/Short Flag General Safety Rules for School and Youth Sports Teams.”

Please Note: For technical skills or combination of skills that are not specifically addressed in the “Novice” and “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.

Changes for the 2010-11 season will be announced in Spring 2010.

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