



**Song/Pom and Pep/Short Flag General Safety Rules**  
**School/Youth Sports Teams**  
**2009-10 Competition Season**

**Note:** Routines in these divisions must also follow the rules listed in “2009-10 General Information for School/Youth Sports Teams” and the “2009-10 High School Song/Pom Division Limitations.”

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:**

1. Tumbling is allowed in Songleading/Pom and Pep Flag divisions as long as there is constant contact with the performance surface. These skills can be performed individually or in combinations. Airborne skills are not allowed.
2. Tumbling while holding poms or pep/short flags is not allowed. (***Exception: forward and backward rolls***). Tumbling with poms attached to the hand or fingers 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

**NOT ALLOWED**

Dive Rolls  
Front/Back Hand Springs  
Front/Back Tucks  
Side Somi  
Layouts  
Aerial Cartwheels

**(OVER)**

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3. Drops to the knee, thigh, seat, front, back, jazz split (hurdler) or split position onto the performing surface from a jump, stand, or inverted position must first bear weight on the hands or feet in order to break the impact of the drop. (*Exception: Toe-touches to a push up position are not allowed*).

**Dance Lifts and Partnering:**

**General Guidelines:**

1. Jumping or tossing from one performer to another is not allowed. (Exception: Tossing poms or pep/short flags is permitted)
2. Jumping or tossing from one performer to or from the performance surface is not allowed. (Exception: Purposefully tossing poms or pep/short flags to the performance surface is permitted)
3. Jumping, tumbling or leaping off another performer is allowed as long as there is hand/arm to body contact with a third performer.
4. All cheer stunts and/or pyramids are prohibited. (Exceptions: pony sit, thigh stand, shoulder sit, back arch).
5. All tosses including toe-pitches are prohibited. (Exception: Tossing poms or pep/short flags is permitted)

**Dance Lifts:**

1. Dance lifts are permitted and are defined as an action in which a performer (s) is elevated from the performance surface and set down.
2. A lifting performer must maintain direct contact with the performance surface at all times.
3. A lifting performer must have hand/arm to body contact, of the lifted performer (s), at all times.
4. A lifting performer must maintain control of the momentum, positioning, changes in position and return to the performance surface of the lifted performer (s).
5. Swinging lifts are not allowed.
6. Hip over head rotations of the lifted performer (s) may occur as long as his/her hips maintain a level at or below the shoulder height of a standing performer. (*Exception: Chorus line flips are not allowed*).

**Partnering:**

1. Dance partnering skills are permitted and are defined as an action in which two performers use support from one another, but are not elevated.
2. Partnering skills are permitted and must maintain body-to-body contact throughout the duration of the skill. One partner must maintain constant contact with the performance surface.