



Rules and Regulations

~ Dance Divisions ~

******Levels listed below pertains to the following divisions******

Dance / Jazz / Lyrical / Song-Pom

- The following technical skills are allowed: basic dance technique such as; single pirouettes, single piques, chaine turns, illusions, kicks, leg holds, kick-lines, front/forward leaps (jete), stag jump/leap, toe touches, C jumps, and tilt jumps.

- All other technical skills are NOT permitted at this level: See below for Intermediate and Advance safety rules and regulations to avoid penalties.

Intermediate

- In addition to the skills at the Novice level, the following technical skills are allowed; double pirouettes, axels, single leg hold turn, center leaps, and turning leaps
- Fouette and turn a la seconde is permitted with the condition that the sequence is NOT longer than 1 count of 8 and that both feet return to the floor ending the turn sequence.
- Other advanced technical skills (multiple turns, switch leaps, double leg hold turns, etc.) are NOT permitted.

Advance

- In addition to the skills at the Intermediate level, the following technical skills are allowed: multiple pirouettes, multiple fouette and turns a la seconde sequences, multiple leg hold turns, any and all switch leaps, any and all turning leaps.
- There are no limitations with technical skills for this level but teams must abide by the following safety guidelines above.