

Required Pom Routine

Effective for all Dance/Drill teams for the 2010 NMAA State Spirit Competition

- Routine must be 2:00 minutes long and no longer than 2:30 minutes
- Deductions – please refer to Pom Guidelines

TURN\$ (required)

Routine must have at least two turns performed by the *entire* team. Acceptable turns will be pirouettes (inside and outside), turns in second (fouettes, bell turns, releve turns), pirouettes with alternate arm and leg placement

Example: Ten girls doing a turn while the other ten performing leaps will NOT be counted as an entire team turn.

*Note: piqué and chaine turns will not be considered team turns because they are considered connecting and transition steps

LEAP\$ (required)

Routine must include at least one leaping skill performed by at least one member of the squad.

A "leap" will be distinguished in our circumstances as a leap or jump that starts on one foot and ends on the other foot.

Examples: split leap, switch leap, turning disc, center leap, calypso, pas de chat, etc.

A jump which is **not allowed** is a jumping element that starts and ends on the same foot or both feet

Examples: c jump, toe touch, tilt, punch jump, tuck jump, etc.

KICK\$ (required)

A 16 count kick sequence is required by all members. Members need to be connected. All 16 counts must be performed at the same time by the entire team. Various kicks may be used but must be performed at the same time.

POM POM PASS\$ (required)

Routine must have at least 3 pom passes/pom exchanges by the entire team. Poms may not hit the floor unless it is intended during the pom pass.

FORMATIONS/LEVEL CHANGES (required)

Routine must have *at least* six (6) formations and three (3) level changes.

*This routine cannot be the same routine you use in your alternate category on Saturday!

- Tumbling is not permitted
- Pyramids/Stunts are not permitted
 - Jumps are not permitted
- Routine must end with poms in hand!