

## Common College Dance Team Recruitment Video Requirements

Video Element	Specifications	Time	Notes
Introduction	Name Age Hometown Studio/Team Brief Dance Background  Answer the following questions: <ul style="list-style-type: none"> <li>● Why do you want to be on a college dance team?</li> <li>● Why do you think would be a good candidate for a college dance team?</li> <li>● What is your intended major?</li> </ul>	30 second minimum, 3 minute maximum	
Skill Demonstration: Required Elements	<u>Turns:</u> <ul style="list-style-type: none"> <li>● Triple (3) Parallel Pirouette (Right)</li> <li>● Quadruple (4) Parallel Pirouette (Right)</li> <li>● Quintuple (5) Parallel Pirouette (Right)</li> <li>● Triple (3) Parallel Pirouette (Left)</li> <li>● A la seconde turn combination (showcasing a la seconde turns, changing spots, floats, variation in pom and leg position, speed, pirouette and other technical elements) - minimum 3 counts of 8 in length</li> </ul> <u>Jumps/Leaps:</u> <ul style="list-style-type: none"> <li>● Right open second leap</li> <li>● Right calypso or Turning Jete Attitude</li> <li>● Switch leaps - minimum 2 (any variation - regular switch leap, switch tilt, switch arabesque, switch open, either side)</li> </ul>	Film continuously in one take	Skill Demonstration Filming Requirements: <ul style="list-style-type: none"> <li>● Dancer may repeat the skill if necessary, a maximum of two attempts</li> <li>● Videos do not need to be professionally edited.</li> <li>● Subject should be well lit</li> <li>● Full body should be visible in the frame</li> <li>● Consider filming straight on for the best angle</li> <li>● Female Attire: Black Sports Bra or Tank Top &amp; Black Shorts</li> <li>● Male Attire: All black.</li> </ul>

	<ul style="list-style-type: none"> <li>• Single toe touch</li> <li>• Double toe touch</li> </ul> <p><u>Flexibility</u></p> <ul style="list-style-type: none"> <li>• Side tilt</li> <li>• Penche</li> <li>• Leg turn (any variety)</li> </ul> <p><u>Acro</u></p> <ul style="list-style-type: none"> <li>• Walkover (front or back)</li> <li>• Side aerial (right and left)</li> </ul>		
Skill Demonstration : Optional Elements	<ul style="list-style-type: none"> <li>• Front aerial</li> <li>• Standing back tuck</li> <li>• Back Handspring</li> <li>• Headspring</li> <li>• Kip up</li> <li>• Rubberband</li> <li>• Scorpion</li> <li>• Advanced technical elements or specialty skills of choice</li> </ul>	Optional element; 3 minute maximum	Please be sure to include any of the items that you can safely and successfully execute to demonstrate your skill range
Style Combinations	Three (3) 45-second combinations demonstrating different styles: Jazz, Pom, and Hip Hop	30-second minimum, 45-second maximum per style	Dancers may add layers for hip hop demonstration
Optional Solo Entry	One (1) solo performance of any style	3 minute maximum	Can be filmed in studio or submitted from a competition (needs to be from within 6 months of submission)