



SECTION III: DANCE TEAMS

Part 1: Entry Guidelines and Awards

ENTRY GUIDELINES

1. College/university teams may compete in the following styles: Pom, Jazz, Hip Hop and Team Performance. At any event, we may choose to combine categories or add additional categories in order to increase competitiveness or for any other reason in its discretion.
2. At The College Classic national competition, we will have a Spirit Showdown. Regional Competitions may have a Spirit Showdown division at our discretion. If we do not have a Spirit Showdown division at a Regional Competition, then college/university teams at that event may compete their Spirit Showdown routine in the Open division.
3. Dance teams may enter one routine in each style (maximum of 4 routines total). If a college/university wishes to enter multiple routines in a single style they must designate different teams (e.g. Lincoln University Gold Team and Lincoln University Silver Team), and the teams should have one or more dancers that do not overlap. If a college/university enters multiple routines in a single style then only the highest scoring routine will receive a placement in the final awards.
4. The following team size guidelines will apply:
 - (a) Team size will be determined as of the registration date.
 - (b) At least 5 dancers must be registered to perform in each team routine. A team will still be allowed to compete if they drop to fewer than five dancers at performance time but at least five dancers must be registered and paid for in order for the routine to compete.
 - (c) Teams may use a different number of dancers in each routine subject to the minimums above required to be registered.

ELIGIBLE TEAMS

1. REGIONAL COMPETITIONS AND COLLEGE CLASSIC: College teams may compete at all Dance Team Union regional competitions, in addition to The College Classic.
2. ADDITIONAL INFORMATION
 - (a) Each team must be an official dance team at the team's college/university either under athletics or as a club sport or fine arts program. Regardless of the character of the team's designation at the university (athletics, club sport, fine arts), the team will be grouped for competition with other teams in accordance with the Competition Divisions section below.



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- (b) Teams from outside the United States may compete in regional or virtual competitions or the College Classic in the division at or above the division they would compete if their team was from the United States.

- (c) An All-Star team for which all performing dancers are from the same school (or from the same cooperative school or group of schools if not disallowed by their state) may choose to compete in a school division for any category it enters.

ELIGIBLE INDIVIDUALS

Any performer who is eligible to be a member of their team based on their college's or university's eligibility rules may perform at The College Classic or any Dance Team Union regional or virtual championship. We reserve the right to require documentation at any time in order to confirm, in our sole discretion, whether an individual is eligible to compete.

COMPETITION DIVISIONS

Teams may be grouped within each style into divisions based upon **their NCAA, NAIA or similar sporting affiliation or division (provided, however, that all teams from NCAA Division I FBS schools in the "Power 5" conferences (Big 10, Big 12, ACC, SEC and PAC-12) will be considered Division 1A and all other Division I schools will be considered Division I). A team will be not be considered to be within a division until its athletics programs are eligible to win national championships in that division (i.e., if a school moves from NCAA Division II to Division I, it will remain in Division II for our purposes during any waiting period for championship eligibility).** Any split between divisions will be determined by us based upon the number of entries received for each competition. At any event, we may choose to combine categories (such as jazz and lyrical or Divisions 1 and 2) or add additional categories in order to increase competitiveness or for any other reason in its discretion.

NO SINGLE TEAM DIVISIONS

At The College Classic, we will combine any division that contains only one team into any other division at our discretion. **Single Division 1A teams will be combined first with Division I (if Division I has one or more teams) then with Division II, III, Open, NAIA or Community College in that order, while all other single team divisions will be combined into the next highest division with one or more teams (Example: Open Team Performance has 6 teams entered, Division III Team Performance has 1 team entered in Team Performance, Division II has 0 teams and Division 1 has 12 teams. The Division III team will compete in Division I)** This may result in divisions that include multiple school sizes in a single style (e.g. Division 1/1A Team Performance) or multiple styles in one or more divisions competing in an Open division. No single team divisions will be permitted at The College Classic.

REGIONALS AWARDS

1. Trophies will be awarded to at least the top 50% of teams in each division for each style.



2. Additional specialty awards may be awarded at our discretion.

COLLEGE CLASSIC AWARDS

1. At least 50% of teams that compete in the preliminary round will ultimately advance to finals. No semifinal or Second Chance Round will be held.
2. Finalists in categories with 4 or more finalists will compete figure skating-style (in sub-groupings with lowest scores competing first, based upon their scores from previous round, but within each sub-grouping, teams will draw for random order). Finalists in categories with 3 or fewer finalists will compete in reverse order of their preliminary scores.
3. All finalists will receive trophies. In addition, all College Classic champions will receive banners, jackets or fleeces, and rings. In recognition of the tremendous success of each champion, no Grand Champion award(s) will be given at The College Classic.

Part 2: Dance Routine Guidelines

GENERAL SAFETY

The coach of a team is responsible for monitoring the safety of each element of a dance and determining that it is safe to perform. The character of the skills being performed, as well as the skill level of the dancers performing those skills, should be considered by the coach in making this determination. All of the skills listed below as well as any other movement should be evaluated for safety by the advisor/coach prior to competition.

TUMBLING AND TRICKS

1. Front/back aerials and aerial cartwheels, as well as movements where all weight is borne on the dancer's hands and/or head, such as headsprings, should not be executed with poms in both hands that are not hands-free poms.
2. Drops directly to the knee, thigh, back, front, head, shoulder, head, neck or seat onto the performing surface are generally considered to be unsafe. In order to address the safety issue, the dancer should first bear weight on the hand(s) or foot/feet.
3. Landing in a push-up position onto the performance surface from a jump in which the legs are in front of the body and swing behind are generally not considered to be safe.
4. Dancers should not land directly on the head/neck at any time from an airborne skill. Any kip up motion should also initiate from the back/shoulder area touching the ground.

LIFTS AND PARTNERING



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1. The Executing Dancer **should** be supported from a Supporting Dancer who is in direct contact with the floor throughout the entire skill. (Exception: Kick Line Leaps).
2. Hip over-head rotation of the Executing Dancer(s) is **generally not considered to be a safety issue**, as long as the Executing Dancer is returned to the performance floor on his/her feet or hands with support from the Supporting Dancer(s).
3. Simultaneous over or under another dancer that includes hip-over-head rotation by both dancers is **generally not considered to be safe**.
4. Drops to the knee, thigh, back, front, head, shoulder, or seat onto the performing surface **are generally considered to be unsafe. In order to address the safety issue, the dancer should** first bear weight on the hand(s) or foot/feet.

RELEASE MOVES

1. **It is generally not considered to be unsafe for an Executing Dancer to** jump, leap, step, or push off a Supporting Dancer, **and a Supporting Dancer may generally** release/toss an Executing Dancer **without creating a safety issue**.
2. "Basket tosses" are not considered to be safe for dance teams. However, a dancer may be safely released and caught in a dance lift **with his/her head above his/her feet**.

COMPETITION ROUTINE GUIDELINES

1. Teams may make substitutions in the event of injury. Substitute participants must be listed on the team's participant roster in the team's registration form.
2. Any equipment or items that may damage the performance floor are prohibited.
3. **There is no minimum or maximum time limit for any routine (team or solo); however, a team must notify us upon registering and no later than two weeks before the competition if any routine (team or solo) is longer than 2 minutes 30 seconds, for scheduling purposes.**
4. A responsible adult must be present to start assist in the start and finish of the routine music. **IT IS RECOMMENDED TO UPLOAD YOUR MUSIC TO THE REGISTRATION SOFTWARE BY ONE WEEK PRIOR TO COMPETITION.**

JEWELRY

Jewelry will be allowed for dance team members, so long as it is not considered hazardous to the safety of the performers. We reserve the right to require a team to remove any jewelry it deems hazardous at any point during the competition.

PROPS

Props are permitted in any dance category as long as they are wearable, handheld, or freestanding and can be taken off or released safely (as determined by The College Classic). No dry ice, confetti, glass, canned smoke, water or other liquid, or other similar loose material that may obstruct the judges' view or affect the condition of the performance floor may be used.



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Backdrops are not permitted - any props must be able to be used/moved by a single dancer. Poms may be used only in the Pom, Team Performance and Spirit Showdown categories. For any questions or concerns regarding prop choice, please send a photo of the prop to us prior to the competition.

TECHNICAL CONSULTANT

At The College Classic, a technical consultant will be available during practice and official warm-ups to assist coaches with any questions or issues they have regarding the safety of their routines. During the season, teams may request the assistance of a technical consultant. If a coach/advisor is unsure of the safety of a skill, he or she can submit a video of the activity in question to info@danceteamunion.com. If a team has received approval for a track from another competition, they may rely on that approval for safety consideration purposes.

Part 3: Dance Category Descriptions

Dance Team Union encourages creativity in all categories. There is no particular style or “formula” required in any category. Dance team is about more than just imitation of previous award-winning routines - we want to inspire your dancers to showcase their own unique style. Our judges will strive to provide you with the most valuable feedback you will receive all season.

Full category descriptions may be found in the following pages.