



2024 UNIVERSITY DANCE RULES

Revised January 2024 (V1)
Changes to 2023 in Red

UNIVERSITY DANCE

UNIVERSITY DANCE TEAMS

- University Dance teams must comprise of 100% current University student athletes from the same institution.
- Student athletes competing in the University divisions will need to state their current University Student Card ID number on the official entry form and present their card to be verified by Event Officials.
- Student athletes competing in a University Dance team may crossover to an All Star Dance Program.
- University student athletes CANNOT compete twice in the same University dance style.

OPEN UNIVERSITY DANCE TEAMS

Any University who would like to have Open University Dance teams which may comprise of a mixture of current students, alumni and outside athletes may do so with these rules:

- All team members must be 17yrs+. If they are any younger, they must be a current registered University student.
- University Open Dance teams could be combined into the All Star dance divisions if there is not a minimum of 3 or more Open University Dance teams.
- University athletes CANNOT compete twice in the same dance style.
- Crossovers between Open University Dance Teams and All Star Dance teams are NOT permitted.

UNIVERSITY DANCE DIVISIONS

University	Registered Uni student	Dance Small	5-16 dancers	J, HH, P
University	Registered Uni student	Dance	5-24 dancers	LYR/CONT
University	Registered Uni student	Dance Large	16-20 dancers	HH, P
University	Registered Uni student	Dance Large	17-20 dancers	J
University	Registered Uni student	Dance Doubles	2 dancers	J, HH, P, LYR/CONT
Small and large dance divisions will be combined unless there are 7 or more in the divisions and at least 3 teams in each split.				
FISU DIVISIONS - To be eligible to be selected for UniSports Uni Roo's Dance Team for the FISU World Championships you must compete in the LARGE Jazz, Hip Hop or Pom divisions. For FISU World Championships the Large division in Jazz requires a minimum of 18 dancers.				

UNIVERSITY DANCE ROUTINE TIME LIMITS (ALL STYLES)

- University Dance teams will have a maximum of 2.00 minutes.
- Open University Dance teams will have a maximum of 2.15 minutes.
- University Dance Doubles will have a maximum of 1.30 minutes.
- University and Open University Dance teams will have a minimum of 1.45 minutes.



UNIVERSITY DANCE SCORE SHEET EXPLANATION

All University DANCE teams are to follow the IASF DANCE Rules and Guidelines and the IASF DANCE Scoring Systems and score sheet.

DANCE GENRE DESCRIPTIONS

HH - HIP HOP

Minimum of 5 persons (MINIMUM 6 dancers for Open age category). Executions of traditional Hip Hop street style, uniformity, high energy, and creativity. The music must be typical to its style. Routines demonstrate the street style movements with an emphasis on execution, style, creativity, body isolations and control, rhythm, uniformity, and musical interpretation. Teams may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other tricks. A variety of styles is not required in Hip Hop routines.

J – JAZZ

Minimum of 5 persons (MINIMUM 6 dancers for Open age category). Execution, style, control, transitions, and creativity performed to high energy music. Routines must be age appropriate. A Jazz routine can encompass any range of Jazz movement including Traditional Jazz, Commercial Jazz, Musical Theatre, Jazz Funk or stylised hard hitting Jazz, and incorporates stylised dance movements and combinations, formation changes, group work, leaps and turns. Emphasis is placed on proper technical execution, extension, control, body placement, communication, and team uniformity.

Key elements of a Jazz routine are: parallel kicks and lines, Jazz turns with a parallel working leg on an intentionally bent support leg as well as on a

P – POM

Minimum of 5 persons – (MINIMUM 6 dancers for Open age category) **MUST USE POMS**

Poms must be used for at least 80% of the routine. Important characteristics of a Pom routine include *synchronization and visual effect, clean, sharp, strong and precise motions, strong Pom technique, and incorporate dance technical elements. Visual effect includes level changes, group work, formation changes, the use of different colour poms, etc. Male dancers are not required to utilize poms. Pom needs to provide an experience, leaving a memorable impression. It's a form of dance and movement, however, there should never be a moment where you doubt it is Pom.

*Synchronization means moving together but also having the movements being done exactly the same. Uniformity is key.

CONT - CONTEMPORARY/LYRICAL

Minimum of 5 persons (MINIMUM 6 dancers for Open age category). A Contemporary/Lyrical routine uses organic, pedestrian and/or traditional modern or Ballet vocabulary as it complements the lyric and/or rhythmic value of the music. Emphasis is placed on group execution including synchronization, uniformity, spacing, control, sustained, expressive movement, body placement, and contraction/release, use of breath, uniformity, communication, and technical skills.

The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style.