



COMMON RECRUIT VIDEO GUIDELINES

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

	<ul style="list-style-type: none"> • Single toe touch • Double toe touch <p><u>Flexibility</u></p> <ul style="list-style-type: none"> • Side tilt • Penche • Leg turn (any variety) <p><u>Acro</u></p> <ul style="list-style-type: none"> • Walkover (front or back) • Side aerial (right and left) 		
Skill Demonstration: Optional Elements	Front aerial Standing back tuck Back Handspring Headspring Kip up Rubberband Scorpion Advanced technical elements or specialty skills of choice	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 combination 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)

Common College Dance Team Recruitment Timeline

May 1: Annual date to publish any updates or changes to the Common College Dance Team Recruitment Video Requirements

June 1: Annual date for all schools to publish any video supplement requirements

September 1: Early Universal Date for Recruiting Videos to be due to respective schools

January 1: Standard Universal Date for Recruiting Videos to be due to respective schools

Note: *Dancers continue to upload videos directly to the schools they are interested in pursuing.*