



NDCA COMMON COLLEGE DANCE RECRUITING GUIDELINES

College programs that agree to accept the Common College Dance Recruiting Guidelines will still facilitate their recruitment processes independently.

Athletes will submit all recruiting materials directly to colleges/coaches according to their program's recruiting instructions.

SECTION I: INTRODUCTION

The Common College Dance Recruiting Guidelines (CCDRG) were created by the National Dance Coaches Association and the work of our Future of Dance Team Committee. A survey gathered feedback from parents, coaches, and studio owners. The NDCA has developed a recommended structure for the college dance team recruiting process to better serve coaches and athletes.

These guidelines are intended to help **simplify, streamline and standardize** the recruitment process for college dance teams that agree to participate, and athletes going through the recruitment process.

About the CCDRG:

- Inspired by the Common Application for college admissions
- Provides a **standardized starting point** for dancers to begin the recruitment process
- Includes:
 - Fundamental technical skills
 - Dance style combinations required by most programs
- Benefits:
 - Reduces workload for dancers
 - Offers consistency across programs
 - Colleges can still request **supplemental materials** as needed

SECTION II: DATES AND TIMELINES

- A. Each school will select which deadline best suits their recruiting model, NDCA recommends that all schools accepting the CCDRG video choose from one of the two common deadlines.

Dates	Recommendations
May 1	NDCA publishes revisions/updates to the Common College Dance Recruiting Guidelines for the upcoming recruiting cycle
June 1	Colleges & Universities who are accepting the CCDRG publish recruitment guidelines to their website/social media, and are included on the published list on NDCA's website
September 1 December 15	Early submission deadline Recommended Signing/Offer Date for early submissions
January 1 May 1	Second submission deadline Recommended Signing/Offer date for second submissions

SECTION III: COMMUNICATION

A. Athlete Guidelines For Communication With Coaches

1. "Rule of 3": To promote clarity, efficiency and mutual respect within the recruiting process, the National Dance Coaches Association (NDCA) recommends the following communication guideline:
 - a. Dancers who have made **three** attempts to contact a coach through appropriate communication channels, and have not received a response are encouraged to move forward in the recruiting process and actively consider other programs.
 - b. This recommendation aligns with best-practice recruiting guidance currently followed and shared by Tribe 99, a nationally recognized collegiate dance recruiting platform, and reflects principles already in use across many programs.

B. Coach Guidelines for Communications With Athletes

1. College coaches utilizing the Common College Dance Recruiting Guidelines are encouraged

to maintain timely, transparent, and intentional communication with prospective-dancers.

Recommended guidelines are as follows:

Recommended Timeline: 90 Days	Coaches should try to communicate with a dancer within 90 days of receiving their video submission. The purpose of this standard is to support informed decision-making by prospective dancers as they navigate the recruiting process.
All communication should be direct, clear and intentional.	• Acknowledge receipt of the submission • Provide clarity regarding the program's current level of interest • Outline expectations relevant to the athlete's evaluation • Indicate the athlete's recruiting status at that time
Interest Level	Include clarification such as whether the athlete is actively under evaluation, being considered for future review, or not currently aligned with program needs.
Expectations	Refer to technical benchmarks, program style priorities, or areas of development relevant to the athlete's progression.
Recruiting Status	Should reflect the athlete's current standing within the program's recruiting cycle at the time of communication.

SECTION IV: TERMINOLOGY

A. Dance Combine: A recruiting-focused event designed for high school-aged dancers to be seen in person by college dance programs, including by coaches and current collegiate dancers. Combine events offer dancers a chance to showcase their skills through technical workshops and college-level training, while learning choreography in an audition-style setting.

1. Regional Combine: Focuses on connecting college dance programs and dancers from a specific geographic area. This event format is particularly ideal for dancers interested in staying in-state or closer to home for college. Key characteristics of Regional Combines include:

- a. The majority of participating college programs are regional or within close proximity, making these events ideal for dancers who are interested in staying closer to home for college.
- b. Smaller-scale environment that allows underclassmen dancers or first time combine attendees to begin exploring the recruiting process.
- c. Greater ability to connect with current college dancers. There is less of a coaching presence at the Regional level, with more support from collegiate dancers serving as instructors and recruiters.

2. National Combine: A large-scale recruiting event that connects college dance coaches and dancers nationwide. These events provide invaluable opportunities for dancers to be seen by head coaches and interact with collegiate dancers. Key characteristics of National Combine events include:

- a. National Combines attract head coaches with intentional recruiting focuses from numerous states and divisions, making these events ideal for dancers who are looking to be recruited to a college program and are open to out-of-state recruitment.
- b. National combines are larger in scale than Regional combines, featuring substantial participation, with many dancers traveling from out of state to attend.
- c. They often last multiple days and include additional events such as solo showcases.

SECTION V: GENERAL INFORMATION FOR ATHLETES

A. Read The [Frequently Asked Questions by Athletes](#) Document.

B. Follow The Below Steps to Guide Your Recruitment Process:

1. Check if the team you are interested in auditioning for is accepting the Common College Dance Recruiting Guidelines Video. The list of participating colleges is located on the [NDCA Website](#).
2. Confirm directly with the coach/program exactly what their audition process is, as well their deadlines and submission instructions for your materials. Individual teams may have supplemental requirements.
3. **READ THE VIDEO GUIDELINES CAREFULLY.** Create your video with the content and parameters of the guidelines.
4. **Submit your videos directly to the coach/team.**

5. If you have questions, please reach out to the coach directly.
- C. If you have questions about the NDCA Common College Recruiting Guidelines contact ndca.collegecrecruiting@gmail.com

SECTION VI: GENERAL INFORMATION FOR COACHES

- A. Colleges adopting the Common College Dance Recruiting Guidelines should fill out the [Involvement Form](#) by June 1 to be included in the published list of programs/schools that accept the video.
1. Use your school's website and social media to share that your school accepts the Common College Dance Recruiting Video:
 2. Recommended publish date: On or before June 1.
- B. Read the **Frequently Asked Questions by Coaches** document.
- C. If you have any questions, contact ndca.collegecrecruiting@gmail.com

SECTION VII: COMMON COLLEGE DANCE RECRUITING VIDEO GUIDELINES

Video Element	Specifications	Element Timing
Filming Requirements	• Subject should be well lit • Full body should be visible in frame • Consider filming horizontally for the best angle • Female Attire: Black Sports Bra or Tank Top & Black Shorts • Male Attire: All black attire <i>Videos do not need to be professionally filmed or edited</i>	
Introduction Required	<u>Intro:</u> ☐ Name, Age, Hometown, Studio/Team and Brief Dance Background <u>Answer the following questions:</u> ☐ Why do you want to be on a college dance team? ☐ Why do you think you would be a good candidate for a college dance team? ☐ What is your intended major? <i>Remember to present yourself authentically</i>	30 second minimum, 3 minute maximum

Skill Demonstration: <i>Required Elements</i>	<u>Right Pirouettes:</u> ☐ Triple (3) Parallel ☐ Quadruple (4) Parallel ☐ Quintuple (5) Parallel <u>Left Pirouettes:</u> ☐ Triple (3) Parallel <u>A la Seconde Turn Combinations:</u> ☐ Showcase a la seconde turns in any combo. Use any variation of changing spots, floats, variation in arm and leg position, speed, pirouette and other technical elements added in <u>Jumps/Leaps:</u> ☐ 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) ☐ Single toe touch ☐ Double toe touch <u>Flexibility</u> ☐ Side tilt ☐ Penche ☐ Leg turn (any variation) <u>Acro</u> ☐ Walkover (front or back) ☐ Side aerial (right and left) <i>Dancer may repeat a skill if necessary, not exceeding a maximum of two attempts</i>	Film continuously in one take Turn combination should be a minimum of 3 8 counts
Skill Demonstration: <i>Optional Elements</i>	☐ Front aerial ☐ Standing back tuck ☐ Back Handspring ☐ Headspring ☐ Kip up ☐ Rubberband ☐ Scorpion ☐ Advanced specialty skills of choice <i>Please be sure to include only skills that you can safely and confidently execute to demonstrate your skill range</i>	3 minute maximum

Style Combinations <i>Required</i>	Three (3) 45-second combinations demonstrating different styles: ☐ Jazz ☐ Pom ☐ Hip Hop <i>Dancers may add clothing layers for hip hop demonstration</i>	30-second minimum, 45-second maximum per style
Solo Entry <i>Optional</i>	One (1) solo performance of any style <i>Can be filmed in a studio or submitted from a competition, as long as it's within at least 6 months of submission</i>	3 minute maximum

SECTION VIII: APPENDIX

[2025-26 Common College Dance Recruiting Guidelines](#)

[2026-27 REVISIONS: Common College Dance Recruiting Guidelines](#)

NEW 2027-28 REVISIONS: Common College Dance Recruiting Guidelines (TBD)

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