



2026 UNIVERSITY DANCE RULES

Revised 18th February 2026 (V1)
Changes to 2025 in Red

UNIVERSITY DANCE

All University Dance teams are to follow the IASF Dance Rules 2025 - 2028 and the IASF Dance Scoring Systems and Score Sheet.

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

Open University dance teams may comprise of current students, alumni and external athletes.

These teams may compete within the following guidelines:

- All team members must be 17yrs+. If they are any younger, they must be a current registered University student.
- Open University teams will compete in All-Star Divisions (unless there are enough teams to cause a split – see Policies and Procedures document).
- 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	5-24 dancers	J, HH, P, L/C
*University	Registered Uni student	Dance Doubles	2 dancers	J, HH, P, L/C
*University athletes must be from the same institution.				
FISU DIVISIONS - To be eligible to be selected for UniSports Uni Roo's Dance Team for the FISU World Championships you must compete with a minimum of 18 dancers				

For more information, please refer to page 8 of the 2026 AASCF Age Grid.



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.

DANCE GENRE DESCRIPTIONS

Hip Hop

Incorporates authentic street style influenced movements with groove and style. An emphasis is placed on group execution including synchronisation, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and athleticism. Costuming should reflect the category style.

Jazz

Incorporates traditional or stylized dynamic movements with strength, continuity, presence and proper technical execution. Emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. The overall impression of the routine should be lively, energetic and motivating with the understanding that the dynamics of movement may change to utilize musicality. Costuming should reflect the category style.

Pom

Incorporates the use of Pom motion technique that is sharp, clean and precise while allowing for the use of concepts from Jazz, and Hip Hop. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine focuses on musicality, staging of visual effects through fluid and creative transitions, level and groups, along with complexity of movement and skills. Poms are required to be used throughout the routine. Costuming should reflect the category style.

Lyrical/Contemporary

Incorporates organic, pedestrian and/or traditional modern or ballet vocabulary as it complements the lyric and/or rhythmic value of the music. An emphasis is placed on group execution including synchronization, uniformity and spacing. The choreography of a dynamic and effective routine utilizes musicality, staging, complexity of movement and skills. Costuming should reflect the category style.