

# AUU Dance ~ Cabaret

## What is Cabaret?

Cabaret incorporates lifts and counter balances woven in various genres of dance. It is comprised of a partnership(s) of a male and a female. Cabaret is often characterized by telling a story or dancing a theme using theater arts demonstrating lifts of a flyer by a base, while integrating types of dance such as ballroom, lyrical, contemporary, ballet, jazz, etc.

## What does it mean to be lift trained?

A dancer who has the understanding of body awareness, balance, agility, and form who has learned the proper techniques in flying, basing, and spotting, utilizing strengths of a partnership as well as understanding the limits of experience and weakness with a teachable and clear state of mind.

## CABARET RULES AND GUIDELINES

There are many different requirements that allow a dancer to qualify to compete in Solo or Group Cabaret in any District, Regional, National, or AAU Junior Olympics. Each requirement needs to be followed for qualification to participate. Athletes will be divided into Divisions based on experience and age. There are Specific lifts limited to Division 1 experienced bases and flyers (*All Advanced+ Lifts (Class A+)*). There are specific lifts limited to age/experience. A dancer may compete in two different categories with a different partner for each. However, he/she may not compete against oneself

### A. Experience Divisions: Division 1 & Division 2

- a. Divisions in experience are based on numbers and experience for that given year per individual. For a Partnership the sum of both individuals is added together and divided by 2 for a Group: add all partnerships totals and divided by number of participating partnerships in group.
  - i. Number of hours per week spent training and practicing in lift (workshops and personal practice),
  - ii. Number of years in lift
  - iii. Number of years dancing of any kind
  - iv. Certifications.

### Division 1: 8.5+ & Division 2: ≤8.4

Calculation: Add Training Hrs. per week + Yrs. in Lift + Yrs. Dancing + Certifications = Total. Divide by 2 = Division number.

	Hrs per week Training	Years Lift exp	Years Dance exp	# Certificat ions	Total for Couple	Average Per Couple	Division
Man	3	2	4	0	22	11	1
Lady	4	2	7	0			

### B. Age Divisions

- a. 16-18 years' old
- b. 19-21 years' old
- c. Older Age Divisions TBD

- d. Age Division is determined by age of athlete on September 1st of the current AAU membership year. Athlete must be at least 16\* years of age to compete. If an athlete has received 100+ hours of lift training on September 1, at the age of 15, the athlete will be eligible to participate in competition upon 16th Birthday in that AAU Year. Certification of hours must be provided with entry. Athlete must be under the age of 21 on determining date to participate in the AAU Junior Olympic Games.
- C. Performance/Competition**
- a. There are Specific lifts limited to Division 1 age/experience. A dancer may compete in two different categories with a different partner for each. However, he/she may not compete against oneself.
- D. Partnership Ages**
- a. You must be within 2 years in age of your partner. If separation of age is greater than two years, you may petition for the age difference (form found on the website)
  - b. Brother/sister partnerships can exceed the 2-year age difference without a petition as long as both partners are within the Age Divisions.
  - c. A partnerships Age Division is determined by the oldest partners Age on September 1st of the current AAU Membership year.
- E. Dress Code**
- a. Dress code is age & safety appropriate. For The age category of 16-18, tighter restrictions are applied due to less dance experience and safety precautions.
  - b. A picture of Costumes, (front with hands raised, back, both side views plus movement in inverted lift, touch toes view from front and back) must submitted with application/Entry for any AAU National or International Event.
  - c. Invigilation at an event before dancing is required. Understand that if your costume is approved via a prior picture, upon registration at event, it may be denied if guidelines for dress code have not been strictly met.
  - d. All Group Cabaret members must be approved individually.
- F. Ladies 16-18 Dress Code**
- a. Unitards recommended (for safety purposes of those doing Acro or Power routines). Unitards may not be sheer above the knee or below the clavicle/bra line, may have sheer sleeves.
  - b. Dresses/skirts (lyrical style category) must be no shorter than 4 inches in length above the top of the knee cap, no slits above the hip joint but should remain closed when not moving. Skirt can be any length if leggings or unitards are underneath.
  - c. Bodices must have 2" strap over both shoulders. Bra straps on sleeves and back must be covered with costume. There can be no nude or sheer fabric in the bodice unless it is lined with a solid fabric. No cleavage exposed. Top of costume must completely cover chest area even when in an inverted lift. High neck halter top is allowed as long as it is NOT a tied top. Hook or button clasp is required. With a halter top, it should still have full coverage on the back
  - d. Dance Trunks must be at a minimum of mid-thigh (no shorter than 6" above the knee). You may use knee length, calf length, or ankle length leggings as well. If trunks are not attached to dress, a non-nude leotard must also be worn so as to not expose the midriff when inverted.
  - e. Leotards may be worn with pants, skirt or full length leggings. If leotard is showing, it must comply to the rules set forth for a bodice. If a shirt is used, a leotard must be also worn as well so that if the shirt does come untucked, the midriff is not exposed. Snap crotch leotards are not allowed.
  - f. Tights or fishnets are required if using leggings shorter than calf length. They can be convertible or footlese if not wearing shoes.
  - g. Pants with a leotard may also be used. However, if pants have rips in them, the holes must be lined with an opaque fabric that is not nude. If the pants have pockets, they must be sewn shut.
  - h. Foot Attire options: Latin Sandals, ballroom shoes, bare feet, jazz shoes, foot undies, ballet shoes, half soles, etc may all be worn (Judges cannot mark a routine down for any of these).

#### **G. Men 16-18 Dress Code**

- a. Shirts may have no sleeves but cannot be a tank top. Shoulder must be covered from neck to shoulder a minimum of 6". No sheer fabrics may be in the bodice of his shirt. Sheer fabrics are allowed in the sleeves with no lining or on the bodice if it is fully lined with solid fabric. Shirts must be buttoned to mid sternum (a minimum of 6" from clavicle) If there are any tricks where he goes upside down (cartwheel, lift, flip, etc), he must have compression shorts that attach to his shirt (with buttons or hook clasps)
- b. Compression shorts are required under costume.
- c. Pants and shorts to the knee may be used. However, if pants have rips in them, the holes must be lined with an opaque fabric that is not nude. If the pants have pockets, they must be sewn shut.
- d. Foot Attire that is allowed: Male Ballroom & Latin shoes, jazz shoes, foot undies, or bare feet may be used by male dancer for his routine without penalty.
- e. All Costumes must be pre-approved with application by picture (front, back and both sides side views, front touch toes), and at event before dancing.

#### **H. Ladies 19-21 Dress Code**

- a. Unitards recommended (for safety purposes of those doing Acro or Power routines)
- b. Dresses/skirts (lyrical style category) must be no shorter than 6 inches in length above the top of the knee cap.
- c. Bodices must have 1" strap over both shoulders (nude bra must be worn with nude straps/clear ones, no colored bras/sports bras. Bra strap is not included in the 1") Bra straps on sleeves and back must be covered with costume. There can be no nude or sheer (nude, colored, or glitter) fabric in the bodice unless it is lined with a solid fabric. No cleavage exposed. Top of costume must completely cover chest area even when in an inverted lift. High neck halter top is allowed as long as it is NOT a tied top. Hook or button clasp is required. With a halter top, it should still have full coverage on the back.
- d. Dance Trunks should be "Boy Short" cut dance trunks at a minimum (no shorter than 11" above the knee). You may also use knee length, calf length, or ankle length leggings as well. If trunks are not attached to dress, a non-nude leotard (that is not sheer) must also be worn so as to not expose the midriff when inverted.
- e. Leotards may be worn with pants, skirt or full length leggings. If leotard is showing, it must comply to the rules set forth for a bodice. If a shirt is used, a leotard must be also worn as well so that if the shirt does come untucked, the midriff is not exposed. Snap crotch leotards are not allowed.
- f. Tights or fishnets are required if using leggings shorter than calf length. They can be convertible if not wearing shoes.
- g. Pants with a leotard may also be used. If pants have holes above the kneecap they must be lined with a solid fabric (no sheer or nude fabrics allowed), and must be reinforced. If pants have pockets they are required to be sewn shut for safety reasons.
- h. Foot Attire options: Latin Sandals, ballroom shoes, bare feet, jazz shoes, foot undies, ballet shoes, dance sneakers, etc. may all be worn (Judges cannot mark a routine down for any of these)

#### **I. Men 19-21 Dress Code**

- a. Shirts may have no sleeves but cannot be a tank top. Shoulder must be covered from neck to shoulder a minimum of 6". No sheer fabrics may be in the bodice of his shirt. Sheer fabrics are allowed in the sleeves or on the bodice if it is fully lined with solid fabric. Shirts must be buttoned to mid sternum (minimum of 6" below clavicle). If there are any tricks where he goes upside down, he must have compression shorts that attach to his shirt.
- b. Compression shorts are required under costume.
- c. Pants and shorts to the knee may be used. However, if pants have rips in them, the holes must be lined with an opaque fabric that is not nude. If the pants have pockets, they must be sewn shut.
- d. Foot Attire that is allowed: Male Ballroom & latin shoes, jazz shoes, foot undies, or bare feet may be used by male dancer for his routine without penalty.

#### **J. Music**

- a. Music length must be 3.5 minutes or less including entrance and exit.

- b. Music must contain no swearing, demeaning, offensive, or degrading lyrics.
- c. Music must be sent in MP3 format in an email as part of your registration.
- d. Music Format must be in a MP3 Format on a USB Flash Drive and delivered to registration no less than 1 hour before competing. Failure to send music in ahead of time or at event may result in disqualification

#### K. Dance Content

- a. Dance sections should be clean and free of suggestive moves. No erotic or sexual moves allowed. If used, immediate disqualification will occur.
- b. For the 16-18 year olds, content of passionate romance is strongly discouraged.
- c. For 16-18 year olds there is a limitation on lifts in which connection is too intimate. **(List**
- d. Lifts may not be suggestive or sexual in nature.
- e. Dance elements must be present throughout the piece.
- f. A genre of dance steps must be represented or a combination of genres. This cannot be a routine void of dance elements.
- g. Routine must have musicality and cannot be exclusive Gymnastic/Acrobatic routines.
- h. 20% of Routine must be in the dance genre.

#### L. Dancer Lift Syllabus

- a. The syllabus of lift is broken down by Type, Range, and Level. All are important in basic understanding of lifts and what they do.
- b. **Types**
  - i. **Balances:** Balances are defined as a move in which the partnership counterbalances one another. Some of these balances involve a base/flyer relationship while with others both parties remain grounded
  - ii. **Stationary lifts:** Stationary lifts are lifts that involve a base/flyer relationship whereas the characteristics/shaping are not dependent on motion to be successful. Often stationary lifts can also rotate.
  - iii. **Rotating lifts:** Rotation lifts are defined as lifts that must keep in motion in order to maintain shape and form.
  - iv. **Combinations:** Combinations of these three types can be accomplished through both basic and creative transitions, sometimes creating a whole different style of form.
- c. **Range**
  - i. The Range of a lift is the height in which the lift occurs.
  - ii. **Low lifts** are defined as lifts in which the female dancer or flyer is below the waistline of the male dancer or the base.
  - iii. **A medium lift** occurs when the flyers body is in the range of the bases torso.
  - iv. **A medium high lift** takes place when the flyer's body is in the range of the bases shoulders.
  - v. **A high lift** is defined by the body of the flyer being above the bases head.
- d. **Level**
  - i. Lifts are on levels of Beginning, Intermediate, and Advanced. Levels of difficulty are not impacted by the range. Many low range lifts can be high in difficulty or the transitions used from one lift to another can increase the level. They are listed as Classes:
  - ii. **Class A+ Lifts** are limited to Division 1 experienced bases and flyer dancers who have acquired sufficient experience through a Certified Trainer to be deemed safe.
  - iii. **Class A (Advanced)** are limited to Division 1.
  - iv. **Class B (Intermediate)**
  - v. **Class C (Beginning)**
- e. **Style**
  - i. This Category is for Solo Cabaret only and used at the organizers discretion based on number of entries at event. In an event where there are more than 8 couples, this Splitting Category may be used.
  - ii. There are two style categories.
  - iii. **Lyrical** includes Contemporary, Standard Ballroom and Ballet.

- iv. **Non-Lyrical** includes Latin, Jazz, Broadway, Power, Acro and Hip Hop.  
If partnership is unsure as to which they should compete in, look at type of lifts used as well as the dance elements used.
- f. **Group Designation**
  - i. This category is for Group Cabaret only.
  - ii. **Designation 1** will have all the Group Cabarets that have their lifts done in unison, sequence, or ripple with equal couples. This designation may have an isolated lift sequence done in levels or one couple, but they are limited to one.
  - iii. **Designation 2** Group Cabarets are for routines that have different lifts and a variety of levels going on at the same time. This designation also includes Group Cabarets that do not have a regular ratio of Ladies to Gentlemen (ie. One Lady and 3 Men who lift her, etc.)
- g. **Elements expected to be in a Solo or Group Cabaret**
  - i. Dancers will be scored for technical ability as well as artistry/presentation.
  - ii. In the **Technical Category**, dancers will be judged on their number of lifts (rotational, stationary, balances, and combinations) as well as execution quality. Each Division has a minimum amount of lifts to ensure that the routine is in essence an actual Cabaret Routine versus a routine in a specific genre that has a couple lifts. Transitions, finished lines and synchronization of mirrored or identical side by side sequences will also be judged. Deductions will be made for partial executions, poor transitions, omitted or fallen lifts, non-pointed toes (if not intentionally flexed) and unfinished lines. More points will be given for difficulty in the last half of routine.
  - iii. In the **Artistry/ Presentation Category**, dancers will be scored on a variety of things. Judges will see whether the Story or feeling elements remained present throughout the entire piece. Dancers will be graded overall on the quality of their movements (line, toes, footwork, posture and alignment). Judges will grade on the Composition itself and how the routine is crafted. Seamlessness in transitions including intricate body work in between the dance and the lifts will be observed in addition to dancer's execution of selected dance genre.
- h. **Routines** can only be danced for 1 year. Example: If you performed a routine at the West Coast AAU Junior Olympic Games at last year's competition, you cannot compete with the same routine this year.
- i. **Training**
  - i. A dancer should be Lift Trained through a Certified Teacher or Work Shop
  - ii. Lift Workshops allow dancer to learn lifts with a spotter (an Apprentice, Lift Trainee or Coach that stands next to a couple learning a lift and catches flyer from falling if lift does not succeed) until certified to be without spotter.
  - iii. Correct techniques are taught for maximum safety and success.
  - iv. Dancer should have a minimum of 100 hours of exclusive lift training and practice time. Other training in various dance genres or gymnastics is encouraged but not required.
  - v. At no time is a dancer allowed to teach lifts to another person unless they are certified in Lift Training.
  - vi. All lift training must be taught by a certified trainer/mentor.
  - vii. A Certification similar to a Medals Exam will be given to ensure technical acquisition of the set of lifts taught in AAU Sponsored Workshop.
- j. **Qualifying for Nationals and the AAU Junior Olympic Games**
  - i. Dancer must have performed or competed in a Qualifier Event in order to participate in the AAU Nationals or AAU Junior Olympics.
  - ii. If there is not a Qualifying Event in Athletes District or Region, Athlete may petition AAU Dance for an invitation to participate. A documentation of the past 12 months of competition and or performance is required on the petition, and a video of the routine in costume must be submitted for review.
- k. **Registration:** When competing in an AAU Event, a dancer must submit the following:
- l. **Entry form**
- m. **Signed Waiver and Commitment Form**

- i. A waiver of consent and release of liability is to be filled out and signed by Parent/Guardian, or competitor 18 years or older. Competitors under 18 years of age must have the signature and consent of a parent or guardian. Signature on Waiver is acceptance of conditions to participate and that they agree to the terms and conditions and will comply with training, age, certifications, music, and costume. Further understanding that any drug or alcohol intake is extremely damaging to the body and strictly prohibited.”
- ii. **Picture of costumes** (front with hands raised, back, both side views plus movement in inverted lift, touch toes view from front and back)
- iii. **Creative Expressions Description** which is a brief description of the routine: 1) a one sentence explanation of the dance piece story or emotion and 2) a one sentence reason as to why they chose this subject and music.
- iv. **Signed Certification** by a Trainer that shows a record of average hours per week practicing and training in lift that totals a minimum of 100 hours in an AAU Membership year.

**n. Dancer Training Options**

- i. Dancers have a multitude of options to complete and maintain their certification. Through Lift Workshops, private lessons with qualified guest trainers and Lift Camps, dancers can hone their skills in a safe environment. As dancers certify certain lifts, they are eligible to view video clips of learned lifts with reminder techniques and tips to ensure learning retention.

**M. Judging**

**a. Number of Judges**

- i. Must have a minimum panel of 3 - 5 judges for District & Regional
- ii. Minimum of 5 at Championships, Nationals or AAU Junior Olympics.

**b. Judge Training**

- i. Judges are trained at Workshops, Video Conferencing and On Site Certification.
- ii. Judges are selected based on their background in dance with varying specialties in Cabaret, Theater Arts, Gymnastics, Acrobatics, Cheerleading, Ballroom, pairs ice skating or pairs ballet.
- iii. Judges are open to new creations and appreciate dancers and routines that are original and thought provoking.
- iv. There must be at least 1 female judge and 1 male judge as they can give specific guidelines for each of the partnership.

**c. Judging Criteria**

- i. Judges will give scores based on:
  - 1. Technique
  - 2. Transition
  - 3. Presentation.
- ii. The separate scores will be combined for an overall total.

**N. Technical**

- a. The technical score measures the partnerships number, difficulty, and frequency of lifts.
- b. A Specific number of Rotational, Stationary, Counter balances and combinations are required according to division and age.
- c. Advanced Lifts occurring in the last minute of a routines receives a bonus point if done at a level 4 proficiency level or above.
- d. Successful Lifts in which the female is a base and the male dancer is a flyer will also receive 3 extra points as long as it is not a size component.
- e. Lifts must also demonstrate proficiency through stability, fluidity, time in lift, balance, and lift development.
- f. Technique also evaluates transitions from a clinical perspective by rating them from “smooth & seamless” to “choppy & disjointed.”
- g. Scoring of side by side or mirrored dance portions for synchronization is a required element of the dance.
- h. As lifts are scored individually, from 0-5+, judge rates a lift from a “0” (failed lift and standing there) to a 5+ (perfectly executed lift).

- i. 0= failed lift with no effort to save
    - ii. 1= failed lift that has an attempt to save but does not look good or an outright gross or inappropriate lift/drop
    - iii. 2= a not well executed lift that was saved with a passing shape.
    - iv. 3= a passing lift with average shaping and some technique
    - v. 4= a good lift with good shaping and technique
    - vi. 5= a spectacular lift with correct technique
    - vii. 5+= a perfectly shaped technical lift
  - i. **Transitions** are scored similarly from a
    - i. 0 being a “sack of potatoes” dismount, fall or missed transition to a
    - ii. 5+ that is a unique transition that is clean, with good shaping and can be seamless (so smooth that you can’t see the transition).
    - iii. + values can be added to any number 1-5 if judge feels lift or transition is in between the number criteria.
  - j. **Artistry/Presentation**
    - i. This portion of the scoring covers the aesthetics of the piece. Judges will answer several questions on a scale system of 1-5+ regarding the performance.
    - ii. Does the piece retain its story throughout?
    - iii. Are the elements of the chosen dance genre well executed?
    - iv. How well do the dancers utilize the music they chose?
    - v. Is the partnership a good match? Is it based on size or do they utilize their strengths?
    - vi. What is the overall quality of the movements? (line, toes, footwork, posture and alignment)
    - vii. Are the transitions creative and different?
    - viii. Are the lifts presented as an emotional performance or are they flat and unemotional?
    - ix. Is the costuming in harmony with the story and music?
- O. Scoring**
- a. *Base value of scoring. 0-5+ on Lifts, 1-5+ on other Technical and Artistry Rankings.*
  - b. Dancers will be given the following scores:
    - i. Technical and Artistry/Presentation scores that are formulated by elements that are required in the performance as listed above (points)
    - ii. Ratings from Superior Plus, Superior, Excellent and Good
    - iii. Comments from Judges to help Athletes improve routine
    - iv. Placing of medals 1st through 3rd and then ribbons 4th through 8th

## Rules and Regulations Cabaret Version 0319.1

### A. Event Information

#### a. How to prepare

- i. As a dancer, make sure to attend workshops for hours of completion and certifications. Eat healthy, drink water, sleep, read all the rules and make sure that you are in compliance with dress code, music regulations, lift limitations for your division/ age, etc. Make sure that you have pre- registered online including liability waiver, membership, pictures of costume, music sample, and description in two sentences or less of your routine story.<sup>[1][2]</sup>

#### b. When to Arrive

- i. Plan ahead for traffic, weather, parking, etc to arrive early. Please allow at least 1.5 hours before your event for costume check, music check and certification check.

#### c. What to wear

- i. Please enter wearing training clothes that are modest and tasteful.

**d. What to Bring**

- i. Bring a water bottle and snacks. It is recommended that you leave phones and other valuables at home. If you bring them, leave with an audience member and not in changing rooms.

**e. Who is in Attendance**

- i. Other competitors and coaches will be there. It is of the utmost importance that you are respectful and kind to those around you. You are all representatives of the AAU Dance and the United States and should treat each other with the utmost decorum.

**f. Expected Behavior**

- i. Be where you are expected to be and kind and respectful to those around you. Poor sportsmanship is extremely frowned upon.

**g. What to Expect**

- i. Following general entrance into the event, you will go through your certification check and be given a number for performing order. You will then get changed into costume. Once dressed, proceed to costume check. Once approved, go to music check. If your costume or music was not approved, or your certifications completed, you will not go any further. But if you were approved through these checkpoints, you then will be in the waiting area that you may use to warm up with your partner until you are called second on deck. Once the couple before you enter the floor to perform, you are first on deck and lined up and ready to go as soon as you are announced. Upon completion, please exit the floor as directed. Award ceremony will follow upon completion of the Cabaret Event.

**B. Workshops**

**a. How to prepare**

- i. In order to handle the vigorous regiment of a workshop session or 2 in a day, you need to be conditioning your body at least every other day. Exercises and a short video have been listed and included with this document. Make sure that you are drinking half your weight in ounces every day, eating well balanced meals that include extra servings of protein, and getting 8 hours of sleep per night the week before a workshop. Make sure that you have a protein filled breakfast the day of workshop. Please eat that 30-45 minutes before workshop so that it can be partially digested. You will have a series of Trish Talks to watch before you arrive to a workshop. Please understand that these are an important component to the lift program.

**b. Waiver**

- i. You must sign a waiver of liability as well as a commitment of eating right, having adequate water intake and sleep, as well as being alcohol and drug free. You must list any physical or mental conditions as well as past injuries so that lift coaches are aware of the state of your mind and body for the workshop.

**c. Attire**

- i. Please arrive in the following training attire in order to remain safe while training in lift. Ladies need to wear a full- cap sleeve dark Leo and full length leggings. Both of these must be of a matte non-slippery material and may not be sheer. Ladies should also have quick access to socks and foot undies and have their hair in a ponytail or bun (if hair is long). Men need to wear non-slick exercise pants or pants with a stretch and a T-shirt long enough to tuck in and stay tucked in if needed. Men are required to wear compression shorts under their pants. Men may not wear basketball shorts, regular shorts or tank tops as those items can cause safety issues for both the flyer and base

**d. Arrival Time**

- i. Arrive 15 minutes to start time with waiver and payment. We will then stretch you out and get ready to go. Dancers arriving after the warm up will not be admitted (and will have to wait for the next workshop) so please allow for traffic, parking, and travel time.

**e. What to bring**



- i. Each dancer must come with a partner that you will be working with. Bring a water bottle and some dry snacks (granola bars, fruit leather, etc.). Ladies also need to have socks and foot undies (may or may not be available to purchase on location).
- f. **What to expect.**
  - i. You will be taught multiple lifts varying in level, range, and type. Some workshops will have in-workshop certification. Others will need to be practiced before certification at a later date. You will be taught how to spot and how to do your job most effectively as a flyer/base/spotter to ensure safety for yourself and those you are working with. You will also be taught emotional/mental safety as well as physical safety when working with a partner. Once you have taken a workshop, you will have sign-in access on the AAU Dance website for those particular sets of lifts for review. You are not authorized to teach lifts to others as this class only qualifies you to learn it, not teach it. Workshop sessions last 2 hours.
- g. **Expected Behavior**
  - i. You are expected to pay close attention to instruction. Goofing off and not taking the workshop seriously will result in being removed from the workshop with no re-entry for 6 months. This sport is for those that can not only physically handle it, but emotionally and mentally handle it, as well. Any observations from the coaches that you are not ready in any way for this sport will be noted and mentioned to you or your parents. If you leave before the end of the workshop, you will not receive credit for the hours you have attended. Do not teach the lifts you learn in the AAU Workshop program. You are only authorized to use them in your routines as a student. You are not certified as a teacher.
- h. **Time Frame**
  - i. Workshop sessions last 2 hours. There are up to 3 in a given weekend. Beginners are limited to two sessions.
- i. **Certifications.**
  - i. Certifications will test according to last workshops content. With many lifts, the practice time will need to be kept track of and turned in at time of certification. Dancers will be given more than one try to show mastery of a lift. As lifts are passed off, dancers are able to progress up divisions/levels. If a particular lift is not passed off, dancers are eligible to pass off following with a mini- private lesson with a qualified lift coach
- j. **Locations for Workshops**
  - i. (Clinics)will be posted on the AAU Dance site when they are available.
  - ii. You may contact the AAU Dance National Chair if you would like to have a Lift Workshop scheduled in your District.