Dance Divisions & Age Grids

All-Star & Non-All-Star Dance Divisions

Birth Year	Division	Female / Male	Team Size
2015 - 2018	Tiny	Female/Male	5-30 Dancers
2012 - 2017	Mini	Female/Male	5-30 Dancers
2009 -2014	Youth	Female/Male	5-30 Dancers
2006 - 2012	Junior	Female/Male	5-30 Dancers
6/1/03 - 2020	Senior	Female/Male	5-30 Dancers
2009 or before	Open	Female/Male	5-30 Dancers

*** Team Size Breakdown: Small = 4 – 14 dancers | Large = 15+ Dancers***

Recreation Dance Divisions

Age	Team Size	Female / Male
6 & Younger	4 or more dancers	Female/Male
8 & Younger	4 or more dancers	Female/Male
10 & Younger	4 or more dancers	Female/Male
12 & Younger	4 or more dancers	Female/Male
14 & Younger	4 or more dancers	Female/Male
18 & Younger	4 or more dancers	Female/Male
18 & Younger Exhibition	Unlimited	Female/Male
Dance Abilities	Unlimited	Female/Male

*** Time limit for dance performances is 2:15 minutes ***

School Dance Divisions

Division	Team Size
Elementary	4 or more dancers
Junior High	4 or more dancers
Small Varsity	4 or more dancers
Large Varsity	4 -14 dancers
14 & Younger	15+ dancers

*** Time limit for dance performances is 2:00 minutes ***

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Dance Categories

Hip Hop
Routines emphasize the high energy street style movements with an emphasis on execution, style, creativity, body isolations & control, rhythm, uniformity, and musical interpretation. Routine may also put an additional focus on athletic incorporations such as jumps, jump variations, combo jumps and other kicks.

Jazz
Routines incorporate stylized dance movement and combinations. Emphasis is placed on proper movement execution, extension, control, body placement and team uniformity.

Pom
Pom routines emphasize synchronization and visual effect, clean and precise motions, strong pom technique and incorporate dance technical elements. Visual effects include level changes, group work, formation changes, the use of different color poms, etc. All styles of dance may be used. Leaps, turns and jumps will be allowed. No other props allowed.