

2025-2026



DANCE

AGE GRID & DIVISIONS



Dance Divisions & Categories

The age of the oldest dancer on the floor for a given group routine will determine which division the group competes in for that routine. If a division has fewer than two teams, it will be merged into the following categories: Tiny, Mini, and Youth, as well as Junior and Senior.

Age/grade will be determined by birth year, as follows:

Division	Birth Year	Female / Male	Team Size
Tiny	2018 and after	Female/Male	5-30 Athletes
Mini	2015 and after	Female/Male	5-30 Athletes
Youth	2012 and after	Female/Male	5-30 Athletes
Junior	2009 and after	Female/Male	5-30 Athletes
Senior	June 1, 2006 and after	Female/Male	5-30 Athletes

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.