

AAU Dance National Rules Handbook 2025-2026



*Sports For All,
Forever*

**Jazz - Contemporary - Lyrical - Hip Hop – Breaking - Folk - Pom
Cabaret - Ballroom - Musical Theatre/Character – ShowDance**

Amateur Athletic Union

AAU National Dance Rules and Regulations

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PREAMBLE

The AAU Dance National Committee has been established in order to promote the benefits of participation in Dance Sport and hereby adopts these rules & regulations (subject to change without notice) for the advancement of that purpose. The following Dance Rules are conditional to the bylaws, rules, policies, guidelines, and practices of the Amateur Athletic Union. **An Additional Handbook for: DanceSport (Ballroom) and Breaking Rules are available at the audance.org website.**

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

- 1) National Sport Chair.
 - a. National Sports Chairs shall be elected National Sport Committee at the committee meeting during National Conventions in which National Officers are elected.
 - b. Terms are four years.
 - c. National election policies shall apply.
 - d. National Sport Chairs can be removed for cause by a majority vote of the National Officers, subject to the Right of Appeal to the National Board of Review
 - e. The President, with the approval of a majority of the officers, may appoint a person to fill a vacant Sport Chair position. The appointee will serve until the next regular or special meeting of the Sport Committee, at which time an election shall be held to complete the term.
- 2) Executive Committee Composition.
 - a. The AAUNational Dance Executive Committee shall conduct the business of the AAU Dance Committee in accordance with the rules and regulations of the AAU and the AAU Dance program, and act on behalf of the National Sports Committee between National Sports Committee meetings.
 - b. The committee shall include the National Chair, Vice Chair, Secretary, Director of Events, and members appointed by the National Chair. The term shall coincide with the term of the National Chair.
 - c. The committee shall enforce these rules and the AAU Code as they apply to athletes, coaches, and clubs. Penalties may be imposed subject to the due process procedures of the AAU Code.
- 3) National Sport Committee Composition.
 - a. The Committee will consist of the National Sports Chair, members of the Executive Committee who are appointed as provided by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor, and one appointed representative from each Allied member that registers members in the sport.
 - b. The President may appoint up to two (2) members-at-large
- 4) Voting.
 - a. Only members of the National Sport Committee are permitted to vote in National Sports Committee meetings. There shall be no voting by proxy. Each member of the Committee will have one vote. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year shall be allowed to vote in the National Sport Committee meeting.
- 5) Other Committee Positions.
 - a. National Chair may appoint additional committee and Advisory positions

B. Sport Committee Meetings

1. National Sport Committee Regular Meetings. Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.
2. Non-Regular Sport Committee Meetings. National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - b. The meeting is called by the Chair following approval of the National Office.

- c. The National Office has the right to coordinate the meeting and pick the site for the meeting.
- 3. National Sport Committee Special Meetings. Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. Ten (10) days' notice is required and notice shall state the purpose of the meeting.
- 4. National Sport Executive Committee Meetings. The National Chair shall determine the date and location of Executive Committee Meetings.
- 5. Agenda Additions
 - a. Sport Committee Meeting Order (Agendas). The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5).

II . SPORT POLICIES AND PROCEDURES

A. Rules of Competition

1. Qualification to AAU National Competition:

- a. No qualifying required. Open to any participant meeting the membership and age requirements.

2. Qualification to AAU Junior Olympic Games

- a. Participation at a District or Regional Qualifier is required if there is a Qualifier in athletes region. In the event there is not a Qualifier in athletes region, a Petition to Participate for individuals and Groups may be completed and emailed to the National Chair. Petition is available at aadance.org.

3. Age Groups Divisions

- a) Specific age Divisions apply for Solo, Duet, and Trios.
- b) The age division for Groups is based on the average age of athletes participating with recommended guidelines. Keeping in mind that:
 - i. Athletes may dance up to a higher age or level division
 - ii. Athletes may not dance down to a younger age or level division.
 - iii. Individual programs should be vigilant in monitoring participants of various ages on the same team and whenever possible, a Teams composition is made up of participants of similar age and skill level.

4. Age Determination

The age of a competitor is determined by the athlete's age on September 1st of the current AAU year.

5. Eligibility

All athletes, coaches, volunteers, officials, and judges must possess a current AAU Membership card. Adults must consent to a background check when applying for Membership. All Coaches must attend online mandatory AAU-PCA Coach Training.

B. Sportsmanship.

- 1 It is the obligation of coaches, players, administrators, volunteers, and other representatives of the AAU to practice the highest principles of sportsmanship and to observe the ethics of competition.
- 2 Good sportsmanship is defined as qualities of behavior, which are characterized by courtesy and genuine concern for others.
- 3 The display of good sportsmanship is a statement of the individual's understanding and commitment to fair play, ethical behavior, and integrity

- C. Program Violations. Disciplinary action may be considered by the Districts, Sport Committee or the Executive Committee for any violations bringing discredit upon the AAU or any violation of any part of this Handbook or the AAU Code. In instances of alleged violations, Board of Review action may be taken against athletes, coaches, parents and/or clubs according to AAU Code Book.
- D. No Guarantee Policy.
The AAU can not and does not guarantee the appearance and/or participation of specific participant(s) and/or teams (as applicable) in this event. The AAU has licensed (approved) this Event as an official AAU Event (competition), but the AAU is not and shall not be responsible for any participant's or spectator's expenses related to this Event (nor reimbursements for same) in case of dissatisfaction of any participant, friend, family, or spectator, this includes, but is not limited to all travel, hotel (lodging), food, entry fees and/or any other expenses related to the event.

III . SPORT OPERATIONS

A Current Year Rule Changes

1. For changes in the AAU Dance Competition Regulations, visit www.aaudance.org.
2. Additional rule changes may be distributed in the competition information.
3. Districts are not listed as part of this document and are not part of the AAU National Rules. For District modifications to the AAU Dance Program, contact the District Chair (directory) aausports.org
4. To add a new Dance Discipline (style/genre) Rules must be submitted to the Executive Committee by August 1st of each year for approval and inclusion in the Handbook for September release. Contact National Dance Chair

B. Event Operating Rules.

1. These rules shall apply to all AAU licensed Regional or National events unless otherwise approved by the AAU Dance National Executive Committee.
2. Officials Requirements.

Choice of officials is at the discretion of the Event Director.

- a) Officials, Judges, Staff and Volunteers must maintain a current AAU Membership
- b) Judges must be certified by AAU Dance or an accepted organization.
- c) A minimum of 3 Judges for Championships, Regional or National events. Must be odd number. District or local events are at discretion of the event director.
- d) Judges may not adjudicate their own child or student.
- e) Participating Coaches must maintain AAU Membership
 - i. Be a minimum of 18 years old (Head Coach);
 - ii. Assistant Junior Coaches should be at least 15 years old and should be supervised by a head coach
 - iii. Complete the Positive Coaching Alliance curriculum
 - iv. Be certain that their athletes are properly prepared for competition and entered in the correct age and skill division
 - v. Demonstrate behavior which reflects the Professionalism required of our sport while in the presence of athletes and parents
 - vi. The accepted attire for coaches and officials at AAU District, Regional and National Events is: Closed toe shoes (no bare feet or sandals). Slacks, Shirts with collars, No hats.
- f) Cell phones must be placed on vibrate once Staff, Official, Judge, Volunteer designated position responsibility has begun and for Coaches once practice /warm ups have begun.

g) Competition Directors reserve the right to combine divisions if the number of entries does not warrant having separate divisions.

3. District Qualifier Medals.

AAU medals shall be used at any licensed District Championship events. Medals must be purchased through the AAU medal program or license will be denied/voided.

4. Regional and National Medals

AAU medals shall be used at any licensed Regional or National event. Medals must be purchased through the AAU medal program or the license shall be denied/voided.

C. Competition Structure

1. The National Dance Executive Committee is charged with operating and or overseeing competitions at the Regional and National levels. These national and regional competition rules must use the AAU National Dance Rules. Competitions which serve as qualifying opportunities (District Championships/State/District Qualifier) to either Regional or National competitions may use the current AAU Dance National Rules, or District Modifications as adopted by their district and approved by the AAU National Committee. Contact your local district director for district rules.

2. If athletes are unable to participate in their District Championship competitions to meet eligibility requirements to participate in national events or if a skill level is not offered, they must petition to enter national events the national dance executive committee. If Petition is not online (audance.org), Contact the National Dance Chair for this petition process.(contact info page 34)

E. Team Rosters

1. Team rosters include all athletes participating at event.

- i. A Roster with current AAU memberships included may be upload or submitted as required by AAU Clubs in good standing
- ii. Studios, individuals, or Gyms who are not an AAU Club must manually enter all information and the AAU number will be system verified.
- iii. All Coaches, Dance Assistants, Volunteers (includes any parent that assist backstage or in Athlete zone) must be AAU members in the non-athlete category and submit Names and AAU Membership numbers on Roster..
- iv. Memberships will be verified prior to Competition.

F. National or Regional Events

1. AAU Dance National Championship Competitions

National events will be organized or awarded and approved by the national executive committee. AAU Dance Nationals & AAU Junior Olympic Games for Dance, utilize the AAU Dance National Handbook as approved by the AAU National Dance Executive Committee. Adult divisions are not offered at the AAU Junior Olympic Games.

2. Regional Championship Competitions

Regional events will be awarded and approved by the national executive committee. On all event license applications, this event will be referred to as a National Regional Event. They will follow rules as provided by the national committee and other requirements as stated by the National Executive Committee. To qualify for Regional Competitions, athletes must have participated in their district programs either invitationals, or District Championships as determined by the district. If there is no district program the athletes may petition to participate to the National Chair. Contact the National Dance Chair.

3. District Championship Competitions

Each AAU District will host an annual District Championship. The annual District Championship serves as the qualification meet for the AAU National Championships and

or the AAU Junior Olympic Games. All competition information must include specific mention of which rules will be in effect for the event, national rules or modified rules as adopted by the district and approved by the national committee. If athletes are unable to participate in their District Championship competitions required to be eligible to participate in the national events or if a skill level is not offered, they must petition to enter into at all national events through their district chair or if there is no district program Contact the National Dance Chair for this petition process..

4. Invitational Competitions

Invitational Competitions may use either the AAU National Rules or rules developed for the event's host District. No invitational competition may include in any of its promotional materials or event name any reference or suggestion that the invitational competition is a Regional or National competition. All events that are licensed as regional events must be approved by the national executive committee. All information must include specific mention of which rules will be in effect for the event – national or district modifications.

5. Local Invitational Competitions

AAU Districts may have adopted approved modifications to the AAU National rules to serve the needs of the athletes and clubs in their District. Contact your local district chair for any routine modifications for your district as adopted and approved by the district chair and national executive committee . All competition information must include specific mention of which rules will be in effect for the event – national or district modifications.

Modification of Rules for local events is acceptable providing the rules and guidelines are in writing and submitted as an Entry Pak during license process to be posted online.

6. Inter-District Competitions

Inter- District competition is the combining of two or more adjacent Districts into one competition. Although regional in nature, they may not include in any of its promotional materials or event name any reference or suggestion that the Inter-District competition is a Regional or National competition. All events that are licensed as regional events must be approved by the national executive committee. All information must include specific mention of which rules will be in effect for the event – national or district modifications.

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IV. AAU DANCE RULES OF COMPETITION

Cabaret Dance – see rules pg. 20 **Dance Inclusive (Adaptive)** -see rules page 24

AAU DANCESPORT (Ballroom) Rules of Competition (Single/Multi Dance) are available at: aaudance.org

A. DANCE STYLES

See Dance Definitions for descriptions of each Style of dance and adjudication notations. Like styles may be combined at the discretion of organizer. Combinations of styles listed or a Style that is not listed may enter in Open/Novelty Category.

STYLES OF DANCE		SPECIALITY
JAZZ	CONTEMPORARY	MUSICAL THEATRE/CHARACTER
LYRICAL	OPEN / NOVELTY	PRODUCTION
HIP HOP/BREAKING	POM - FOLK	SHOWDANCE
*CABARET (Classic)	SWING - MEDLEY	FORMATION
LATIN / RHYTHM (any of the 10 Styles)	BALLROOM	Style definitions with additional information: Pages 15-17
STANDARD / SMOOTH (9 styles)	BALLROOM	* Cabaret Dance Follows Rules on Page 20

B. AGE DIVISIONS

Competitive Age is based on the Dancers age as of September 1st, 2023.
Birth years of the eligible dates for each age division are listed.

DIVISION	AGE	BIRTH YEAR	Styles may enter
PETITE	AGES 4-7	2016- 2019	All except Cabaret
PRETEEN	AGES 8-11	2012- 2015	All except Cabaret
JUNIOR	AGES 12-14	2009- 2011	All except Cabaret
YOUTH	AGES 15-18	2005- 2008	All
SENIOR	AGES 19-20	2003 - 2004	All
ADULT*	AGES 21+	2002 +	All

- AAU Dance recognizes the concern with fielding teams of a broad age range and highly recommend that individual programs be vigilant in monitoring a team's composition to be made up of participants of similar age if possible.
- Accurate names/birth dates** must be the same in the entry Registration as entered for AAU membership for verification.
- Proof of Age:** Birth certificates, baptism records, adoption/foster care records, and/or licenses are all acceptable as "proof of age". Athletes must be able to show their AAU membership card if asked. If unable to produce one of the mentioned above for the competition, -when questioned about age, Disqualification is at the discretion of the Head Judge.
- Small, Large or Extra Large Team's Age Divisions** is determined by the average age of participants. Ages of the participants are added together and divided by the number of participants. (If the average ends in .5 or over, it is rounded up to the next age. (5.5=5) If the decimal is .4 or less it is dropped. (5.4= 5)
- The oldest participant** in any Team cannot go more than one age category down from their competition age. * Except Production where all ages may compete. The registration will be adjusted to comply.
- Gender** of Competition is both Female and Male

C. TEAM DIVISIONS

DIVISIONS	SIZE	MUSIC	STYLES	AGES
SOLO	1	3 Minutes	Any Style	All
DUET	2	3 Minutes	Any Style	All
TRIO	3	3 Minutes	Any Style	All
SMALL	4-9	3 Minutes	Any Style	All
*LARGE	10-19	3:30 Minutes	Any Style	All
*EXTRA LARGE	20+	4 Minutes	Any Style	All
*PRODUCTION	20 +	5 Minutes	Any Style	All
*MUSICAL THEATRE	4+	Sm/Lg/XLg	Any Style	All
*SHOWDANCE	1+	Sm/Lg/XLg	1-5 Styles	All
*FORMATIONS.	8-12 14-16	4 Minutes ea	1-5 Styles	12+

****Additional Time:** Production, Theatre, ShowDance, Formations and Extra Large groups may purchase up to 2 minutes of additional time per routine: \$5 per person per minute

1. **Any of the Styles** herein or combinations may be competed in a Solo or Team Division.
2. **All Styles** have Small, Large and Extra-Large Divisions (*except Production and Cabaret, Folk)
3. **Teams may compete in one or more** Solo, Duet, Trio, or Team Disciplines, however, they cannot compete against themselves nor compete the same routine more than once. If a Team competes more than one routine in the same style, the top scoring routine will be used if a 1st-3rd placement position is determined.
4. **Production** (20+ members of ages 4 and up. Team will not be divided by age, size or level, even though you enter ages and level. Productions are considered Advanced Level. .
5. **Competing Up** - Any team/ individual may elect to compete in a more senior division of its choosing within a style of dance, for any one or more routines, in its discretion
6. **Competition directors** may combine sizes of teams, solos, duets, and trios if the number of entries do not warrant separate divisions

D. TIME LIMITS include enter and exit

- a) Solo / Duet / Trio: Minimum 1 ½ minute to 3 minute maximum.
- b) Small: Minimum 1 ½ minute to 3 minute maximum
- c) Large Team: Minimum 1 ½ minute to 3:30 minute maximum
- d) Extra Large Team: 4 minute maximum.
- e) Production: 5 minute maximum.

1. **Timing and judging begin and end** with the first and last note of music or last pose held
3. All participants should walk or spirit onto the floor and **start their routine** immediately after spacing of first formation/pose when the music begins.
4. **Un-sportsman like conduct** while entering before, during or after the routine could result in disqualification at the discretion of Head Judge.
5. **Additional time** for a Production, Musical Theatre, X-Large Team or a Showdance may be added at a cost of \$5 per athlete per routine when entering info in registration system.

E. SKILL LEVEL DIVISIONS

Dancers may enter at one of the three competitive dance levels: Intermediate, Advanced or Elite. Although we have provided a guide for placement, we recognize that every dancer is unique and rely on the Coaches knowledge to know the qualification of each dancer and apply this guide accordingly.

COMPETITIVE DANCE SKILL LEVELS		
LEVEL	YEARS of COMPETITION	HOURS of INSTRUCTION per week
ELITE	4 OR MORE YEARS	5 HOURS OR MORE
ADVANCED	2 OR MORE YEARS	2 OR LESS HOURS
INTERMEDIATE	LESS THAN 2 YEARS	LESS THAN

1. **INTERMEDIATE** Level is available for competitors are first time competitors with less than 2 years' experience and take less than 2 hours of dance training per week.
2. **ADVANCED** Level is designed for students who have 2 year or more of competition experience. Advanced level dancers should have 3-4 hours per week of dance training.
3. **ELITE** Level is the highest level of competition. This level is designed for experienced dancers taking 5 or more hours of dance training per week with 4 or more years of Competition experience.
 - a) If a competitor takes less hours than a given category but would like to compete at a higher level in one or more of their routines, they are permitted to do so. Dancers may compete up a level but are not allowed to dance down to compete in a level below their training.
 - b) Coach should select the initial starting level appropriate for each team/soloists based on their own knowledge of the dancers' skills using the levels as a guideline. Once a dancer/team enters a given level they cannot go down to a lower level.
 - c) Duet/Trio & Group Levels are determined by the level for the majority of the dancers, except that no Elite dancer may compete at the Intermediate level in any Duet/Trio or Group. All soloists must compete all of their solos at the same level. Levels are determined in advance by the Studio/Teachers based upon the above criteria, but may be altered by the judges on site, at which point the judges' decision will be final
 - d) Intermediate Level may choose to be Scored or Critiqued
 - e) No competition official, relative, coach, or parent may officiate on a division in which their child or student is an athlete in the division.
 - f) No parent, coach, or other judge may approach a judge who is actively judging.
 - g) Any questions, concerns, or complaints need to be given to the Head Judge or competition director by a registered coach.
 - h) Scholarships of monetary value awarded to School Teams or Soloist must adhere to State School federation rules.

F. ADJUDICATION

The Elite, Advanced & Intermediate levels are judged against a point system. Each entry receives a ranking based on score. When 3 or more like routines are competing, the top 3 routines receive 1st, 2nd and 3rd place Medals and 4th -8th place receive Ribbon Awards.

DANCE LEVEL SCORING GUIDE			
AWARD DIVISION	ELITE	ADVANCED	INTERMEDIATE
SUPERIOR PLUS	100-95	90-85	80-75
SUPERIOR	94-90	84-80	74-70
EXCELLENT	89-80	79-70	69-60
VERY GOOD	79-Below	69-Below	59-Below

1. TITLE DANCE

All Around Dance Champion

Participation Fee is required. Participating Athlete's individual scores and team scores are combined for all routines they participated in. The Athlete with the highest combined score in each age division is awarded the "All Around Dance Championship Trophy".

G. SCORING

A Team Score is evaluated in 4 Categories with points awarded to various elements:

SCORE CATEGORIES	MAX POINTS	EVALUATION ELEMENTS
1. TECHNIQUE	30	Proper Technique/Movement in style/ Musical Difficulty
2. EXECUTION	30	Uniformity of movement and placement / Execution of choreography to music/Capture tempo variations
3. ARTISTRY	30	Uniqueness, Visual, Choreography, Transitions, Difficulty
4. SHOWMANSHIP	10	Authenticity, Communication, Projection, Appeal

All scoring is based on 100 point scale per each of 3 Judges. 1 or 2 Judges provide a voice over video critique. Score and Critique will be available in Dance Comp Genie in the Studio/ Individual account within 48 hours of end of event. Category point values may vary per style being judged, although the Elements are stable. Scoring system may be upgraded as needed. Style specific scoring details can be found in the Dance Definition section.

H. AWARDS

1. **All athletes** receive a Participation Certificate, Ribbon, or Banner.
2. **Competitions with 3 or more** Teams competing in the same Event will receive placements of Gold 1st Place, Silver 2nd Place, Bronze 3rd. and Ribbon awards from 4th – 7th
3. **For Uncontested routines:** 1st Place, 2nd Place and 3rd Place Medals are awarded relevant to the scoring guides above. 4th – 8th placement recipients receive Ribbon awards.
4. **AAU Jr Olympic Awards: Gold, Silver, Bronze Medals. 4th - 7th Ribbons**
AAU Jr Olympic Games Certificate of Achievement for each participant.
5. **Awards may** vary at each event and may be Medals, Ribbons, Trophies, Plaques etc.
6. **TITLE AWARD: All Around Dance Champion:** Trophy Is award to the participating athlete who has the highest combined score in each age division. (May not be available at all events)
6. **Judges Decisions** in all events are final.
7. All Team members go forward as a group for Awards however only *one Team member* may go forward to accept the Awards. An award will be provided for each member.
8. **Attire at Awards:** All participants are required to be in competitive attire at the awards ceremony.
9. **A Group picture** with Award will be taken at award podium immediately after acceptance.

I. MUSIC

1. Athletes may perform to music of their choice that fits the style of dance they perform.
2. The music must be age appropriate and cannot contain inappropriate words, phrases, in any language; including references to the act of consuming alcohol (ex: "sipping champagne"), pejorative words, illegal activities for minors (example "smoking cigarettes"), acts of violence or inciting violence against others, sexual references, or offensive language referencing any groups
3. It is the coach's responsibility to screen all music to ensure that it is appropriate for the students, audience, and community.
4. Music deemed inappropriate by the Head Judge or Event Director will result in disqualification.
5. Music must be submitted online through the Dance Comp Genie registration a minimum of two weeks before event in MP3 format.
6. Performers/Coaches **MUST HAVE** a backup USB with you at the competition venue. In the event a backup is needed, and there is none available, the routine will be disqualified.
7. If the music has a questionable ending, it is Coaches responsibility to make this known prior to start of competition. A designated Coach or assistant should be standing by the Music Director to cue the cut-off point.
9. Music waiver liability form must be signed acknowledging the music is legal to be played for public performances.

J. GYMNASTICS:

1. Athletes are limited to 3 gymnastic moves per routine. Allowable skills include:
 - a) **Cartwheels/Round-Offs** (non-airborne hip overhead rotation skill with hand

- support) A skill was the dancer supports the weight of the body with the arm(s) while rotating through an inverted position landing on one foot at a time.
- b) **Front Walkovers** a non-airborne hip overhead rotation skill with hand support) A skill where the dancer moves forward with the hands making contact with the ground first, then rotates the hips over the head passing through an arched position and lands on one foot/leg at a time
- c) **Back Walkover:** non-airborne hip over head rotation skill with hand support) A skill in which the dancer moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and and on one foot/leg at a time.
- d) **Handstand:**
A non-airborne inverted skill with hand support) A non-airborne, non-rotating, skill where the dancer supports him/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears. The hands of the performer must be in full contact with the floor at all times without obstruction by costume or equipment.
- e) **Backbend:**
(a non-airborne inverted skill with hand support) A skill where one bends backward from a standing position until one's hands touch the floor.
- f) **Back Handsprings:**
airborne hip overhead rotation skill with hand support) A skill in which a dancer starts from the feet and jumps backwards rotating through a handstand position. The dancer then blocks off the hands by putting the weight on the arms and using a push from the shoulders to land back on the feet, completing the rotation.
2. **Gymnastic skills are allowed**, but not required. Due to safety reasons no skills other than those listed below will be permitted. Safety is paramount in all activities.
- All gymnastic/ skills must be properly trained as well as properly executed.
 - If a team performs the same gymnastic move at the same time it will count as one gymnastic move.
 - Poms are not allowed to be used in gymnastic moves.
 - No Gymnastic/ maybe done on top of equipment/prop.
 - No Gymnastic Skills may be used as a dismount from any equipment/prop.

K. LIFTS

- Up to three Lifts are allowed per routine but are not required and must be properly trained as well as properly executed. Safety is paramount.. Routines with 4 or more lifts must be entered as a Cabaret routine. see Cabaret rules page 20.
- Lifts are not considered a Gymnastic.
- Lifts are defined as an action that moves something or someone to a higher position In an upward direction.
 - The lifting Dancer(s) must always maintain direct contact with performance surface.
 - The lifting Dancer(s) must maintain ultimate control over the momentum, positioning, changes in position and return to the performance surface of the lifted dancer(s) through hand/arm to body contact.
 - Hip overhead rotation of the lifting dancer(s) may occur if his/her hips maintain a level at or below the shoulders of the lifting dancer(s).
 - When Lifts are incorporated into a routine, although they are not required, if performed, they will be judged on the quality, difficulty and execution of the lift.

L. SHOES

- Street shoes are not allowed. Clean Soft sole shoes, lyrical shoes, Ballroom dance shoes and Ballet shoes are allowed. (Pointe shoes are not allowed) Performers dancing without shoes, do so at their own risk.

M. DRESS CODE

COSTUMES should be created in good taste with modesty and devoid of offensive words or graphics. It should be appropriate to the style of routine, age of dancers, and entertaining a family friendly environment and an audience of all ages.

Costuming must be well secured and represent the choreography/theme/ music.

Violations may be penalized or can be disqualified if not resolved prior to performance.

Email questions/pictures of costumes/jewelry to Costume Invigilator: aaudancesport@gmail.org

JEWELRY should small and appropriate for the costume with no sharp edges. Hair Jewelry must be firmly attached in the hair. Jewelry is defined as a small barrett, bracelet or short necklace secured appropriately to the dancer. AAU Dance reserves the right to require a team to remove any jewelry it deems hazardous.

N. PROPS/SCENERY:

Safety is our main concern when it comes to props and all guidelines must be adhered to. All time limits include placement and removal of props. All Props must be preapproved prior to competition. A picture of prop/s may be sent to aaudancesport@gmail.com to expedite the approval process.

1. No scenery or backdrops allowed in any dance solo event.
2. Athletes may only use Poms during the Pom event but are not allowed to be used in gymnastic moves.
3. Props are allowed during Musical Theatre and Production events within the stated time limits.
4. Scenery should be sturdy enough to stand on its own without the possibility of falling and injuring anyone. It must convey the concept of routine, be less than 6' in height and must be carried into place and padded or taped to ensure that there will not be damage to the floor or performance area.
5. Any container being used as decoration or can be no higher than 36" when holding equipment and cannot be used to stand on.
6. All props that **have legs, have sharp edges**, or could potentially damage the floor if scooted or dropped **must** be padded or taped to ensure that there will not be damage to the floor or performance area.
7. No form of rosin/powder, liquid, gel, aerosol, glitter, or substance that would affect the floor or performance area will be allowed.
8. Performers must be prepared to completely clear the stage in the event of any loose items (feathers, streamers, etc.) Absolutely no littering of the stage area is allowed.
9. No use of electricity, fire, toy guns, weapons or toys with sharp edges will be allowed.

O. PRE-PERFORMANCE CHECK

1. Prior to entering the On Deck area to the competition floor, athletes must receive prior approval by the Dress Code/Prop Invigilation Captain for the following:
 - a) Props/Equipment Allowed and Properly Taped.
 - b) Proper Footwear.
 - c) Proper Costume.
2. Violations: Athlete/Team will not be able to perform until any violation has been resolved.
3. Athletes failing to resolve violations before division is closed will be Disqualified.

P. ROUTINE INTERRUPTION

1. In the event a routine is interrupted because of failure of Event, facilities, equipment, Etc. the participants affected will be permitted to restart the routine from the beginning.
2. If the event is interrupted due to failure of the participants music/supplies they will be given an opportunity to continue later in the division or withdraw from the competition without refund.

- Q. INJURY** 1. The Event Director will give a specific amount of time for participant to regroup or withdraw from the competition.
2. An injury must be immediately reported to the Event Director and on sight Sport Medic if available.
 3. Event Director will record the information and Contact the parent/ guardian. If the parent/ guardian is not reached the Sport Medic or Event Director shall contact Paramedic if deemed a necessary precaution. Event Director will follow guidelines of the AAU Youth Protection Handbook and CDC Concussion Guidelines.

R. WAIVERS

1. All participants are required to submit a Waiver of Release/Consent signed by Athlete 18+ or Parent/Guardian if athlete is under 18 yrs. of age. Waiver is available through Dance Comp Genie registration or available online : <https://aaujrogames.org/Dance>

T. DANCE DEFINITIONS with Style Specific Event Details and Evaluation Tips ('ET')

Specific details are noted in Showdance Definition that will supersede the generic rule.

CABARET. Cabaret incorporates 4 or more lifts, tricks, and counterbalances woven in various genres of dance. It consists of one or more male and female partnership(s) focusing on a dance routine with artistry of lifts periodically in the routine. Classical Cabarets or a 'traditional' cabaret is referred to as Theater Arts which is characterized by storytelling, emotion, fluid overhead lifts and usually contains elements of one or more ballroom styles in the dancing between lift combinations. It can also be a strong, powerful piece that has more of a focus on the dancing than the lifts that are included. Non Classical routines incorporate a style other than ballroom or any combination of styles such as Jazz, Lyrical, etc.. The quality and difficulty of the lifts and dance technique will be scored the same as a Classical routine. A 100 point score system is utilized with 40% emphasis on the Technical Elements and 60% emphasis on the Artistry and Communication Elements.

JAZZ. Jazz should be fun and upbeat with sharp, precise movements. The beat of the music drives the dancer's movement combining rhythms and techniques derived from a broad range of dance styles. Movement may be traditional, stylized, crisp and or aggressive, all with the possible moments of softness while integrating music. A variety of levels and styles of kicks may also be included with 'ET' emphasis on body placement, uniformity, communication, and technical skills. Dancers have the freedom to let go, show their personality, and have fun while sharing their energy with the audience.

HIP HOP. Hip-hop dance is a unique and exciting style of street dance that is most commonly performed to hip-hop music. A vibrant form of dance that combines a variety of freestyle movements to create a cultural piece of art continuously transforming and redefining itself. Any general street or hip-hop style (or combination of styles) movements is acceptable.

BREAKING. Breaking is a form of street dance also that incorporates intricate body movements, coordination, style and aesthetics as a style of acrobatic dancing originating in the mid-1970s, often performed to rap music characterized by intricate footwork, pantomime and spinning head. The people who perform this style of dance are known as b-boys or b-girls. They're sometimes called breakers. 'ET' Emphasis should be on body isolations and control, rhythm, style, creativity, execution, uniformity, and musicality. Teams should also be authentic and display ability to connect with the audience.

CONTEMPORARY. The routine's approach to movement can be organic, pedestrian, traditional modern, and or traditional ballet, complementing the lyric or rhythmic value of the music being used. A performance is inspired by music or an idea, concept or theme, or an abstraction of ballet technique with 'ET' emphasis on sustained, expressive movement, control, contraction/release, use of breath, body placement, uniformity, communication, and

technical skills.. Unlike Lyrical, Contemporary does not follow a story or character.

LYRICAL While similar in skills and technique of Contemporary in that the routine's approach to movement can be organic, pedestrian, traditional modern, and or traditional ballet, while complementing the lyric or rhythmic value of the music being used.. It also can be inspired by an idea, concept or theme, or an abstraction of ballet technique. Although Lyrical is unlike contemporary from this point in that it does follow a story or character and focuses on the dancer's journey through their movement, musicality, dynamics, and phrasing. It expresses the lyrics and the story of a song through movement demonstrating the dancer's range of emotions while telling a story. Lyrical may follow a progression of the dancer's character, their struggles, and triumphs. A lyrical performance is inspired by music 'ET' with emphasis on sustained, expressive movement, control, fluid contraction/release, use of breath, body placement, uniformity, communication, and technical skills

BALLROOM Ballroom dancing is a partnership dance where couples, using step-patterns, move rhythmically, expressing the characteristics of music which consists of two styles: The Smooth, Standard style dances are Waltz, Foxtrot, Tango, Viennese Waltz, and Quickstep are elegant and graceful with the fluidity of constant movement around the entire floor, while the Rhythm, Latin style dances of Cha Cha, Jive, Samba, Rumba Paso Doble and Swing focuses on vibrant energy with a personal flair while dancing syncopated to the rhythm of the music usually in one spot of the dance floor. For the purpose of this Handbook the intended use of Ballroom genre is for Solo, Duet, and Group dances including Showdance, Formation and Musical Theatre. Note: The Traditional Ballroom Rules for Syllabus and Open Competition in Single and Multi-Dances are found in the AAU Dancesport RuleBook – aaudance.org

FOLK A dance developed which reflects the life of a people or cultural roots of a certain country or region through music and movement. "Folk Dance" to a significant degree is bound by tradition and originated in the times when a distinction existed between the dances of "common folk" and the ballroom dances of "upper class". (There is a belief that some modern ballroom dances may have originated from folk ones.) 'ET' Emphasis is on the Team projection of staging and the execution of showmanship with an entertaining, unique and original choreography. Costumes and Moves related to the music of the culture add to an audience Impact

POM PON Any style of dance routine that uses poms throughout the routine and incorporates 'ET' clean, sharp, strong, precise motions, synchronization, and visual characteristics. Poms must be used 80% of the routine. Team uniformity and creativity through a use of intricate pom motions, (i.e. pom passes, kick lines, leap, turns, jumps, etc. movements,) should complement the music.

MUSICAL THEATRE / CHARACTER A routine that is choreographed to a Broadway Show, a Movie Musical, or a character from a movie/television show. The dancer/s should portray a character or characters from the show or movie and captivate an audience by creating a character/s that tell a story. Or a routine that tells a story and is portraying a specific character that is not in a musical. Dancer/s should express their character through their movement, body language, and emphasis on style and facial expressions. 'ET' Emphasising the dancer's style, musicality, personality, and ability to use her or his movement to move a story forward should be showcased.

SHOWDANCE The presentation shall be based on a concept, story, theme, or idea to form the Title of the Show. This concept, story, theme, or idea must be fully understandable and expressed by dance movements that adhere to the routine being presented, along with being creative, imaginative, and original. Costume and music must complement and follow the theme, with all features creating Show Value and entertain the audience.

1. Routines are primarily based on **Standard/Latin, Smooth/Rhythm, Swing, Jazz, Lyrical, Contemporary, and Cabaret**, technique. Other styles can be added but cannot dominate.
2. **Elements** of 1-5 dance and a mix of ages may be used to complete the choreography. The character of the primary dance style must be clearly recognizable.
3. **Latin/Standard and Smooth/Rhythm ShowDance** must be comprised primarily of 1-5 dances combined of recognizable ballroom dance figures within the same style (i.e. 1-5 different dances of Latin Style, 1-5 of Standard, 1-4 of Smooth or 1-5 of Rhythm)
4. **Swing routines** are comprised of the styles- West Coast Swing, East Coast Swing, Lindy, and Jive. Swing style lifts/Stunts permitted. There may be additional open choreography and staging.
5. **Acrobatic movements and lifts** are permitted, although they are not required, and cannot dominate the performance (with the exception of Cabaret. See Cabaret rules below.) and must be in harmony with the idea or theme. A maximum of 3 gymnastic movements and 3 lifts are allowed. Stage Props are permitted as outlined under the Prop provisions of these rules.
6. **'ET'** Musicality, variety of dance, originality, total performance and individual choreography will be evaluated. It is important to present harmony of idea, music, dance, choreography, costume and props, as the entire image will be used to evaluate the performance. The Overall presentation and Execution value are important elements of the ShowDance score.

FORMATION

The dance choreography may be based on a particular dance style or a medley of dances which involves a mixture of different dance styles or a mixture of dance styles from a single dance category such as the five dances in Latin American or International Standard dance. Formation is an especially popular format for ballroom formation team competitions. Formation dance consists of a circular or linear arrangement of couples who perform a choreographed routine as part of a larger team. It is pattern or shadow team dancing by couples in a formation.

The choreography may include both a routine of an individual/couple and the overall pattern of movements of the remainder of the Team. All participants are expected to follow the beat of the music and the movements should be precise and executed simultaneously. Formation dance allows the individual couples to demonstrate their prowess through their own technique, as well as through their ability to move seamlessly as a team.

This routine may also be based upon dance styles other than Ballroom such as Hip Hop, Jazz etc. any that are capable of floor movement with precise timing and synchronizations. The Formation performance is **'ET'** judged by the distribution of competitors across the floor, how "readable" the patterns are & the transitions between these patterns with precise timing and synchronization. Teams are scored on a 100 point system and placement is from highest ranking score 1-3rd place receiving Medals and and 4th through 6th receive Ribbon placement awards. Trophies are at the discretion of the organizer.

OPEN / NOVELTY Routines in this category incorporates any Style not listed or a combination of two or more listed styles or styles not listed. An opportunity for creative routines.

ET: An emphasis is placed on overall creativity, flow of routine and successful technical execution of the dance style/s performed throughout the routine. All styles may be judged against each other in this category to combine styles for competitive purposes.

GENERAL INFORMATION

A. FLASH PHOTOGRAPHY / VIDEOTAPING

For the safety and protection of our dancers and choreographers, Video camera, movie cameras, or other recording devices are prohibited. Still photography of any kind is not allowed.

1. AAU Dance may videotape performances for adjudication and/or promotional purposes.
2. Each competition director may set additional rules regarding photography and videotaping.

2024 - 2025 AAU DANCE NATIONAL RULES

For information in regard to a specific competition please see the guidelines of that event.

B. MISCELLANEOUS

1. It is the responsibility of the athletes and coaches to properly stretch and warm-up prior to practice competition.
2. Competition Director will provide practice area if available depending on venue.
3. Parents or spectators are NOT allowed to be in the practice area.
4. Any athlete or team violating any rule, part of a rule, or violating any tradition, custom, or breach of competition etiquette for which there is no specific rule provided shall be assessed a 2.0 penalty per violation or disqualification at the discretion of the event director. If disqualified no refunds will be issued.
5. All publicity spoken, printed, or on clothing must be accurate with the rightful name of The event, age division, status level and classification.
6. AAU logos are strictly prohibited for use without prior National approval.

C. PERFORMANCE AREA FOR DANCE EVENTS

1. The performance area is the actual area designated for dancers to compete. The performance area size may vary according to the type, size and or venue of competition and must be of an approved professional flooring substance. Floor size must be approved by Exec Committee for Regional/National events depending upon the dance styles offered at event. AAU Junior Olympic Events provide a 40'x70' wood floor for all styles of dance and a Practice floor not less than 36'x20'

D. COMPETITOR ZONE

1. The Spectator area is from entrance of competition including the seating.
2. The Competitor Zone is the entrance to the practice area, dressing rooms, On Deck and performance floor. Only athletes, coaches, and staff with AAU Credentials are permitted in the Competitor Zone.
3. Only coaches with proper credentials (AAU Non Athlete Membership required and badge) will be permitted to approach the head table.

E. PRELIMINARY ROUNDS AND FINAL ROUNDS

Preliminary and final rounds may vary depending upon the competition. Final Schedule will be available a week before the competition.

F. REGISTRATION available for each event at aaudance.org.

AAU Junior Olympic Games registration: aaujrolympicgames.org/dance

G. DEFINITIONS OF PENALTIES

1. **Unison:** When teams perform like skills at the same speed, tempo of music, use of body, legs, arms, hands, and feet. Penalty 0.1 if one or more athletes are out of sync for each violation
2. **Fall:** Unintentional floor contact in which the athlete's body hits the ground. 0.5 per occurrence
4. **Off Beat/Phasing:** When an athlete is not on beat with the music. 0.5 penalty per violation.
5. **Grounding of Poms:** When an athlete sets poms down and has no contact with one or both poms. Athletes may only ground poms when executing moves that would be unsafe to do with poms in the hands. 0.5 penalty per violation.
6. **Exceeding Gymnastic Skills:** When a soloist or team executes more than the allowed 3 gymnastic moves per routine. 2.0 penalty per move.
7. **Unsafe Gymnastics.** 2.0 penalty will be assessed for each violation.
This is when an athlete executes any or all of the following:
 - a) Gymnastics moves with props or Poms in hand considered dangerous or unsafe.
 - b) Gymnastic moves that are not allowed or are unsafe.

H. DISQUALIFICATION VIOLATIONS

2024 - 2025 AAU DANCE NATIONAL RULES

Disqualified routines are not eligible for refunds.

Floor Damage: The result of use of anything that creates marks, nicks, stains etc. on the dance floor or cause unsafe conditions for dancers, such as improper footwear, nicks by props, use of any substance or Items such as any kind of liquid, gel, aerosol, glitter, Rosin/Powder, etc. The responsibility will fall on the performing Athlete/team/coach for any necessary cleaning, repair or replacement

Props: Use of Electricity/Fire/Weapons or Toys resembling Weapons Not Allowed.
Use of Scenery, Backdrop, Members or Equipment that is not permitted.

Age: An Athletes Failure to Provide Proof of Age if asked.

Music: Failure to Turn In Music

Routine: If the routine is deemed unsuitable for family viewing due to music, costume or provocative dance moves. *See Unsuitable performance

- I. **OPTIONAL DISQUALIFICATION:** Chairman of Judges has the option to allow athlete/team the chance to perform at a later time if violation is correctable and providing the time & schedule permit. Routine in question will receive scores, only not included for critique, competitive evaluation or awards.

Intentional Delay: If the athlete/team does not appear in a reasonable amount of time (no more than 5 minutes without an explanation to the Event Director) then the Chairman has the option to disqualify the routine or reschedule.

Unsuitable Performance: *If the judges view the performance as a routine that is not specifically constructed for the category in which an athlete or team, is performing. The routine could, depending on circumstances, be disqualified or will be scored but not for competition..

J. DANCE PENALTY CHART

DANCE PENALTY CHART	DEDUCTION
Fall	.5 Each
Exceeding Gymnastic Skills	2.0 Each
Unsafe Gymnastics	2.0 Each
Off Beat/Phasing	2.0 Each
Grounding Poms	2.0 Each
Intentional Delay	Optional Disqualification
Unsuitable Performance	Optional Disqualification
Items/Actions Below Are Considered Grounds Of	Disqualification
Use of Substance or Any Items Not Permitted	Floor Damage
Failure to provide proof of age	Failure to turn in music Disqualify
Unsuitable Routine-Costume/Music/Movements	Use of unapproved Props
Un-sportsmanlike Conduct	

K. LIABILITY

AAU Dance, including the Amateur Athletic Union, directors, judges, staff and affiliates, assume no liability for personal injury or property loss. Each director per studio is to have had a liability released signed by an authorized legal representative for each dancer attending an AAU event.

L. PUBLICITY

Choreographers, teachers, and performers automatically grant permission for AAU,AAU Dance to use their photos and videos for advertising and publicity purpose, inclusive of television, videotaping, or film broadcast in connection with promotion campaigns.

V. AAU DANCE CABARET RULES

WHAT IS CABARET

Cabaret incorporates lifts, tricks, and counterbalances woven in various genres of dance. It consists of a partnership(s) of a male and a female. A Cabaret routine is a dance routine which focuses on the dance genre with accents of lifts periodically in the piece. It is often categorized with flowing lifts and artistry while telling a story or emotion. But it can also be a strong, powerful piece that has more of a focus on the dancing than the lifts that are included.

A. CABARET CATEGORIES:

Categories of cabaret for couples and trios:

1. Classical

Classical Cabarets are what most would consider a 'traditional' cabaret that is also referred to as Theater Arts in the Dance sport world. The style is characterized by storytelling, fluid, overhead lifts and contains elements of one or more ballroom styles in the dancing between lift combinations.

2. Non-Classical

Non-classical Cabaret are routines that are non-traditional to the ballroom style. One or more dance styles such as Jazz, Hip Hop or Lyrical with or without any Ballroom style dances are incorporated into the routine along with the lift combinations.

B. TYPE OF ENTRIES

Athletes can choose to dance as a Duet couple, Trio or as a group.

1. Duet: 2 Athletes
2. Trio: 3 athletes
3. 4 or more athletes will fall under Team Cabaret as a Show Dance Routine.
 - a) A dancer may compete in two different categories with a different partner for each, however, he/she may not compete against oneself

C. AGE DIVISION

Age Division is determined by age of athlete on September 1st of the current AAU membership year.

DIVISION	AGE	BIRTH YEAR
YOUTH	AGES 15-18	2005- 2008
U21	AGES 19-20	2003 - 2004
ADULT	AGES 21+	2002 OR BEFORE

1. An athlete must be within 2.5 years of age of their partner.
2. Brother/sister partnerships can exceed the 2.5 year age difference as long as both partners are within the Age Divisions
3. A partnership's Age Division is determined by the oldest partner's age
4. Adult Division is not offered at the AAU Junior Olympic Games

D. SKILLS DIVISION

Cabaret is divided into two skills divisions: Novice and Open

1. **Novice Division:** At least one partner is in their first year of competitive individual cabaret.
2. **Open Division:** Any couple not eligible for Novice

E. DRESS CODE

1. Costume must be age appropriate
2. Costumes must be approved by the costume invigilator prior to competition. A picture

of Costumes, (front, back, both side views plus movement in inverted lift) may be submitted with registration, unless directed otherwise in competition format, to facilitate speedy approval.

3. All Group Cabaret members must be approved individually if costumes are different.

1. Ladies Dress Code

- a) Dresses/skirts must be no shorter than mid-thigh at the shortest part of the hem line. The skirt may have slits that go no higher than the trunk line but must be closed when standing still.
- b) Bodices must have 1/2" 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 1/2") Bra straps on shoulder and back must be covered by the costume. There can be no nude or sheer (nude, colored, or glitter) fabric in the bodice unless it is lined with a solid fabric or covered with stones and/or jewels. No cleavage exposed. The top of the costume must completely cover the 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 of the bra strap on the back. If a Halter style is used, the 1/2" strap rule does not need to be applied.
- c) Dance Trunks must be a leotard cut at a minimum. (No bikini cut, french cut or thong cut) You may also use mid-thigh, 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.
- d) Leotards may be worn with pants, a skirt or full length leggings. If a leotard is showing, it must comply with the rules set forth for a bodice and trunks. 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.
- e) Tights or fishnets may be worn if they do not create a safety issue.
- f) 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 fabrics allowed) and must be reinforced. If pants have pockets they are required to be sewn shut for safety reasons.
- g) Foot Attire options: Latin Sandals, ballroom shoes, bare feet, jazz shoes, foot undies, ballet shoes, dance sneakers, half-soles etc. may all be worn. For safety purposes, dancers may not wear only socks.

2. Men Dress Code

- a) A shirt must be worn. Shirts may have no sleeves or can be a tank top. Back and sides of the shirt may be of a sheer fabric. Front of the shirt must be of a solid non-sheer fabric. The front of the shirt may be opened to the waist but must come to a closed point and connect to trunks at the waist.
- b) Shorts are allowed and must go to mid-thigh. However, if pants or shorts have rips in them, the holes must be lined with an opaque fabric that is not nude.
- c) Foot Attire options: Male Ballroom & Latin shoes, jazz shoes, foot undies, or bare feet may be used. For safety purposes, dancers may not wear only socks.

F. MUSIC & TIME LIMITS

1. Music length must not exceed 3:30. An additional 15 seconds for walk-on and 15 seconds for exit will be allowed. Timing starts when the first dancer enters the floor and ends when both dancers are off the floor.
2. Music must not contain swearing, demeaning, offensive, or degrading lyrics.
3. Music will be uploaded into the registration system unless Instructions are provided otherwise by organizer.
4. Bring music on a USB flash drive to the event in case the file submitted is corrupted.

G. DANCE CONTENT LIMITATIONS - NOT ALLOWED

1. Dance sections should be clean and free of suggestive moves. No erotic or sexual moves allowed. If used, immediate disqualification will occur. For the 15-18 year olds, content of passionate romance is strongly discouraged.
2. Any hand hold that is directly on the ladies' breast or either partner's groin is prohibited in all ages and Divisions
3. Any lift that dives upside down to the ground without a handhold is prohibited
4. Lifts may not be suggestive or sexual in nature.

H. DANCE CONTENT REQUIREMENTS

1. Routine must have musicality and cannot be exclusive gymnastic/acrobatic routines.

I. ADJUDICATION**1. Competition**

- a) A minimum panel of 3 judges is required
- b) Judges are selected based on their background in dance with varying specialties in Theater Arts, Gymnastics, Acrobatics, Cheerleading, Ballroom or pairs ice skating /ballet.

2. Technical Aspect and Elements

In the Technical Category, dancers will be judged on the following:

- a) Sequence of lifts (rotational, stationary, acrobatic, and combinations)
- b) Overall seamlessness in transitions
- c) Execution of the lifts in general.
- d) Difficulty of the lifts

3. Artistic Aspect and Elements

In the Artistry/ Presentation Category, dancers will be scored on a variety of elements.

- a) Judges will see whether the Story or feeling elements remained present throughout the entire piece.
- b) Dancers will be graded on the overall quality of their movements.
- c) Judges will grade on the Composition itself and how the routine is crafted.

4. Judges will look at the following Elements as well:

- a. Dance Quality: Fluidity of Movement, Well Executed Genre, Footwork
- b. Quality of Line: Alignment/Posture, Leg Line, Pointed Toes
- c. Performance Quality throughout: Portrays an emotion or Story well, dynamics
- d. Overall Use of Floor

J. SCORING

A scoring system of 100 points is utilized based on the elements listed above.

1. A total score will be calculated as follows:
 - a. Technical (40%)
 - b. Artistic (60%)

K. SCORE CHART

Scores are based on the following scale:

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CABARET SCORING GUIDE	
SUPERIOR PLUS	100-95
SUPERIOR	94-90
EXCELLENT	89-80
VERY GOOD	79-Below

L. AWARDS

1. Top 3 overall scores in each age division per level receive 1st, 2nd and 3rd Place Medals, ribbons 4th through 8th.
2. Trophies may be awarded at the discretion of organizer.
3. Voice over Video Critiques from one or more Judges will be available in Studio portal to help Athletes continued improvement
4. Each Participant receives a Certificate of Achievement at the AAU Junior Olympic Games

M. REGISTRATION

1. AAU Membership is required for all participants, including dancers, coaches, officials, and volunteers.
2. Online Registration is available at aau.dancecompjenie.com
3. Optional but encouraged: A Creative Expressions Description which is a brief description of the routine for the Emcee to read, makes the dance more interesting to the audience. A one sentence explanation of the dance piece story, emotion or a reason as to why they chose this subject and music. this can be either entered in Dance Comp Genie or emailed to aadancesport@gmail.com with the Song/ Routine title, solo, group etc and the Team /Studio names.

N. CONSENT and RELEASE WAIVER

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 guardian. Signature on Waiver is acceptance of conditions to participate and agreement to the conditions within the rules. Further understanding that any drug or alcohol intake is extremely damaging to the body and strictly prohibited.” To access this waiver sign into your account at aau.dancecompjenie.com and send to all dancers/parents

O. GENERAL INFORMATION

Information found under the General section of the National AAU Dance Rule Book will apply to the Cabaret Dance Rules unless otherwise stated herein.

V. AAU DanceINCLUSIVE Rules & Regulations

An Adaptive Dance Program

AAU DANCE endeavors to empower all Athletes by encouraging CREATIVITY, KINDNESS, ACCEPTANCE, and INCLUSION through Dance. Our goal is to provide a competitive and fun environment for Dancers that is an exciting and challenging opportunity for young Athletes, regardless of mobility or life circumstances, to be able to **“Dare to be Remarkable”**

All DanceINCLUSIVE Individuals and Teams will follow the AAU DANCE Handbook general rules

except that Variances and Exceptions listed in the DanceINCLUSIVE Rules shall supersede the general Handbook.

AAU MEMBERSHIP required for all Dancers and MPP's aausports.org

STYLES

Jazz, Lyrical, Hip Hop, Folk

AGE DIVISION

Youth: 4 years old – 20 years old

Adult: 21 +

Adult Division may not be offered at all events. Consult event guidelines

CATEGORY

AMATEUR ATHLETE

Registered Dancers are sometimes referenced as “Athletes.”

MIX PROFICIENCY (Partner) (must be 6yr old or above)

Friends, Sibling, Parent, or Teacher assisting the Athletes are known as a Mix Proficiency Partner or MPP

SPIRIT LEVELS – Let the Love Shine!

It is the responsibility of the coach to determine the capability of the Athlete.

A Participation evaluation is a fun challenge not only for the Dancers, but for our Spirited

Judges who are on a mission to discover where our Rising Stars have the most fun and shine

The brightest in their dancing!

- 1) **Stars:** Dancers who love to Perform for the pure joy of dancing without any outcome expected. Stars participate in a Performance that is not evaluated.*
- 2) **Rising Stars:** Dancers who may or may not take lessons but have a fun competitive nature. Rising Stars are evaluated not against a Standard, but for the skills they have accomplished. View Scoring below.

CATEGORIES

Solo: One Athlete

Duet /Trio: Two or Three Athletes

Group: Four to Sixteen Athletes * Contact Organizer for approval of larger groups.

No more than half of a Group may be MPP's.

One MPP may register per each Athlete.

Athletes may dance with a different MPP in different routines.

EVALUATION

Dancers may choose to be evaluated or may choose to perform without a score.

Exception: All routines are evaluated when participating in the AAU Junior Olympic Games

LEVELS

Stars- Dancers/Groups perform without evaluation

Rising Stars- Dancers/Groups are evaluated and awarded according to their Highest Points in one or more of the 8 Categories.

POINT CATEGORIES & COMPONENTS

- 1) **Communication:** Audience Appeal / Natural Enthusiasm / Great Smiles
- 2) **Overall Impression:** Visuals / Energy & Pace / Use of Music / Use of Skills
- 3) **Creativity:** Variety & Originality
- 4) **Choreography:** Visual Effects / Seamless / Entertainment Value
- 5) **Transitions / Formations:** Variety of Transitions and formations / Difficulty/ Originality
- 6) **Jumps, Kicks, Leaps or Turns:** Variety / Transitions / Timing
- 7) **Motions and/or Arm Movements:** Variety / Synchronization/ Placement Location
- 8) **Dance Style:** Variety / Synchronization / Appropriate Moves

POINT VALUE

Each Category is evaluated on the Athlete/Teams ability based on a scale of 5-10

5/6 =Good 7/8 =Excellent 9/10= Outstanding

POINT VALUE CHART			
VALUE :	GOOD	EXCELLENT	OUTSTANDING
POINTS 5 - 10	5-6	7-8	9-10
Accomplished:	1 Component	2 Components	3 Components

If 1 to 3 components are accomplished-the judge will assign 5-6 Points to that category
 If 2 or 3 components are accomplished- the judge will assign 7-8 Points to that category
 If 3 or 4 components are accomplished- the judge will assign 9-10 Points to that category

POINT CATEGORIES	POINT COMPONENTS Circle Component- Enter Score	High Point
Communication	Audience Appeal / Natural Enthusiasm / Great Smiles	
Overall Impression	Visuals / Energy & Pace / Use of Music / Use of Skills	
Creativity	Does the routine have Variety? Is the routine original?	
Choreography	Visual Effects / Seamless / Entertainment Value	
Transition /Formation	Variety of Transitions and formations / Difficulty/ Originality	
Jump/Kick/Leap/Turn	Variety / Transitions / Timing	
Motion/ Movements	Variety / Synchronization/ Placement Location	
Dance Style	Variety / Synchronization / Appropriate Moves	

Dancers/Teams receive an award *for the category in which they achieved their highest point value.* (Not an accumulated value) This is not a top team placement system. Each team is awarded in relation to points they receive.

Good / Bronze- If High Points are 5/6 in all Point Categories

Excellent/Silver- If High Points are 7/8 in one or more Categories

Outstanding/Gold- If High Points are 9/10 in one Category

Outstanding/Gold- Combination Award: If High Points are 9/10 in two or more Categories

(HIGH POINT Explanation)

Sally's Highest Point value in all categories is 5/6 in Overall Impression. Her high point is 5/6 = Bronze Award Jamie's Point value is a 5/6 in 7 categories, but he gets a 7/8 in Creativity. He receives a Silver Award Team C Received a 5/6 in Impression, a 7/8 in 6 categories and 9/10 in Communication = a Gold Award.

AWARDS

Awards presentations are at the end of each Solo, Duet/Trio, and Group Category or may be adjusted depending on the number of entries in each of the Categories.

Pictures will be taken during Awards Ceremony therefore Dancers should remain in Costume until after the Awards.

Certificates, Ribbons, Medals etc. (may vary at each event) are awarded as follows:

- 1) Bronze Award are issued to a Good Rising Star
- 2) A Silver Award is issued to an Excellent Rising Star
- 3) A Gold Award is issued to an Outstanding Rising Star
- 4) Participation Certificates or Ribbons are awarded to MPP's
- 1) Athletes receive a Participation Certificate in addition to Awards.

TEACHER AWARDS

We wish to acknowledge the sincere works of the heart of the Teachers who excel in their roles. One or more awards may be chosen at the Discretion of Director and are not limited to the following list:

Choreography Award: Teacher of Team receiving highest in Choreography overall.

Outstanding Teacher Award: Teacher of Team receiving highest overall in Overall Impression

Adaptive Teachers Award: Teacher of Team receiving the highest overall in Communication

MOBILITY

Dancers who are not fully mobile on their own power are allowed to use the help of:

- 1) Wheelchair-Motorized
- 2) Wheelchair-Manual
- 3) Crutches
- 4) Walker
- 5) Cane

GYMNASTIC/TUMBLING SKILLS

All gymnastic/tumbling skills must be properly trained as well as properly executed. Safety is paramount. The Allowable although not required skills include:

- 1) **Cartwheel:**
(non-airborne hip overhead rotation skill with hand support) A skill where the dancer supports the weight of the body with the arm(s) while rotating sideways through an inverted position landing on one foot at a time.
- 2) **Front Walkover:**
(a non-airborne hip overhead rotation skill with hand support) A skill where the dancer moves forward with the hands making contact with the ground first, then rotates the hips over the head passing through an arched position and lands on one foot/leg at a time.
- 3) **Back Walkover:**

non-airborne hip overhead rotation skill with hand support) A skill in which the dancer moves backward into an arched position, with the hands making contact with the ground first, then rotates the hips over the head and lands on one foot/leg at a time.

4) **Forward Roll:**

(non-airborne hip overhead rotation skill with hand support) A skill in which the dancer rotates forward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

5) **Backward Roll:**

(non-airborne hip overhead rotation skill with hand support) A skill in which the dancer rotates backward, rotating the hips over the head while curving the spine (a tucked position) to create a motion similar to a ball “rolling” across the floor.

6) **Shoulder Roll:**

(non-airborne hip overhead rotation skill with hand support) This is similar to a backward roll, but the roll is performed over one shoulder rather than pushing with the Arms and rolling over the head.

7) **Handstand:**

(a non-airborne inverted skill with hand support) A non-airborne, non-rotating, skill where the dancer supports him/herself vertically on his/her hands in an inverted position and the arms are extended straight by the head and ears.

8) **Backbend:**

(a non-airborne inverted skill with hand support) A skill where one bends backward from a standing position. Movements with hip-over-head rotation may not be airborne and are limited to two consecutive rotations. No simultaneous tumbling over or under another dancer is allowed. Drops or jumps or tosses are not allowed.

PROPS are not allowed

JEWELRY

Hair bows and Barrett’s securely fastened in the hair are allowed.

HAIR

Must be pulled back away from face and secured in ponytail, pigtails, or bun.

COSTUME

All costumes must be modest and age appropriate. The age of youngest member in a duet /trio or group, will dictate the design of the costume for that routine. Costumes may be any color except nude. Netting/see through fabric may be used on the arms or over a solid base Athletic wear, biker shorts or leggings are to be worn under dresses and skirts. Athletic or dance shoes may be worn. NOT Allowed: Netting or lace by itself, see through fabric, two piece costumes with midriff exposed, language or graphics of any kind.

MUSIC see AAU Dance Handbook

COACHING

Coach/Assistants are allowed to signal from the front of the performance area, around perimeter dancers. They should not obstruct the view of the judges.

DRESS CODE - Coach/Assistants

- 1) Black Shirts & Pants unless otherwise specified.
- 2) Event Credentials are to be pinned or worn on lanyard as specified.
- 3) No Flipflops or Jewelry worn by Assistants to not cause injury.
- 4) Only Dance Shoes or Athletic (tennis) Shoes with clean soles that do not leave dark

- marks on dance floor– No street shoes
- 5) Assistants may not wear any type of dance costume.
 - 6) Hair should be worn in ponytail or bun if on the dance floor as a MP Partner.

MOBILITY AIDS

Contact Event Director to be sure facility can accommodate your dance aid

Wheelchairs (Non-motorized) are allowed with the following limitations:

- a. With or without assistance, A minimum of two wheels must always remain in contact with the performance surface with the following stipulation: an anti-tipping attachment must be properly secured to the chair .
- b. Athlete while in chair may not be elevated from the performance floor at any time. (Clarification: Athlete may not be taken out of chair)
- c. When non-motorized chair is used to base a skill, the chair wheels must be in lock position. Official MUST see either the athlete or assistant lock wheels.
- d. Once an athlete in a wheelchair with assistance is in motion, the assistant/buddy must remain with athlete until the chair has stopped. Clarification - athletes in chairs that require assistance to initiate movement cannot be pushed and released

Walkers, Forearm Crutches, Canes, etc. are allowed with the following limitations:

- a. Forearm crutches, canes, walkers, standers, may be used to support the athlete during execution of skills.
- b. Mobility Aids are considered an extension of the dancer's body and therefore not a handheld prop.

Wheelchairs (Motorized) are allowed with the following limitations:

- a. All wheels must remain on performance surface at all times.
- b. It is the responsibility of the coach to make sure that there are no rocks or other sharp objects lodged in the wheels of the powered mobility device prior to the performance.
- c. In concern for safety, Please mark the performance area 3 feet back from edge of any stage and make sure the athletes know to not go past the line. Coach must be on stage.

WAIVER of Release and Consent

Participation requires AAU Membership and Waiver of Release/Consent signed by parent or legal guardian. Available online through Registration.

PERFORMANCE FLOOR AND PRE-PERFORMANCE

Performance Floors are Wood or Marley as noted in the Event guidelines. Please contact the Event Producer about the performance surface being provided at the competition and for additional information on how to get mobility devices onto the stage area, if applicable, if a lift is not provided. And if there are any issues that need to be discussed prior to event.

EVALUATION

Dancers may choose to be evaluated or may choose to perform without a score.

Exception: All routines are evaluated when participating in the AAU Junior Olympic Games

VIII. EXCERPTS FROM AAU CODE BOOK

A. AAU Membership. All participants must be a member of the AAU in order to participate in any AAU licensed event. Event Operators may not collect AAU membership money at any AAU licensed event.

Membership Requirements. Membership in the AAU is a privilege granted by the AAU. It is not a right. The AAU at its sole discretion reserves the right to accept or reject any applicant(s) for membership

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the AAU Code, including its Constitution, Bylaws, Policies, procedures, regulations, and rules of the AAU.
1. **Categories of Membership.** Categories of membership in the AAU are as follows:
 - a. District Member. An organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. Club Member. An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. Individual Member. A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. Allied Member. An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. Membership and Residency

1. Adult members will not be bound by residence requirements.
2. Youth members must register in the District of their bona fide residency, except:
 - a. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
 - b. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
 - c. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
 - d. The National Board of Review will determine issues of residency.
3. Persons living outside the U.S. may register online or through the AAU National Office. The respective National Sports Committee rules shall govern the participation of non-U.S. residents in AAU competitions.

C. Eligibility

1. **Participation.** A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team events the National Sports Committee shall determine the number of youth members permitted to participate on a team from an adjoining District. For Volleyball, a maximum of three (3) members may participate with a team in an adjoining District.
2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU licensed event (practice not included). A youth member may be attached to only one club with the following exceptions:
 - d. An athlete may attach to additional clubs (one in each sport) if he/she participates in additional sports.
 - e. Participation in an AAU licensed league does not create club attachment.

2. **Transfers.** Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by the National Sport Committee. After a youth member becomes attached to a club, he/she may only transfer to another club in the same sport as follows:
- If the youth member has not competed in any AAU authorized events in that Sport for a period of sixty (60) days no permission is necessary.
 - If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes who transfer under this section are subject to National Championship eligibility restrictions as adopted by National Sport Committees.)
 - When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - If the Registrar determines there is good cause to believe that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

D. Use of Marks and Logos

1. **AAU Registered Marks.** The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. No person or entity may use the AAU's intellectual property without the prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, at any time in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy as well as the (Federal) Lanham Act and may subject the member/entity to penalties set out in the AAU Code. If granted approval/permission to use any of the AAU marks, the limited right to use the marks shall be non-exclusive and the user shall not acquire any ownership in or of such mark(s).
- Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
 - There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property.
Level 2 and Level 3 Clubs may use AAU's registered marks only as follows:
 - For the purpose of promoting an AAU licensed event.
 - For promoting the club's AAU related activities.
 - Neither members nor clubs may use the name AAU in their legal name, domain name, email, or any other name without the express written consent of the National AAU.
 - In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU, the Officers of the AAU shall decide and determine the dispute in their sole discretion.
2. **Use of Olympic Marks.** No license will be granted by the AAU for any event were The word "Olympic" or any derivative thereof is used in any advertisement or notice in any manner in connection with AAU competitions.

E. Event License

- No event shall be conducted under the auspices of the AAU unless a written license has been issued for the activity. A license is the written approval of the AAU for the conduct of the activity.
- Only AAU members may participate in licensed events unless otherwise provided in the Bylaws.
- A license may be issued to any club in good standing, and which meets the

membership criteria. A license application should be reviewed by the District Sport Committee Director or the Governor if there is no District Sport Director. If the license application is rejected, the applicant shall be notified.

3. No license shall take effect until approved or until the 15 day review period has expired.
4. The National Registration Executive Committee has the authority to:
 - a. Issue a license in an unchartered District.
 - b. Issue a license for events in locations where there is no active District member.
 - c. Issue a license for events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - d. Issue a license for events directly sponsored by the National AAU or National Sports Committee (The National Sport Committee shall consult with the District Sports Director and Governor prior to seeking an event license.)
 - e. Review and approve any licenses rejected by the District.
 - f. Revoke an approved license for good cause.
6. Event licenses issued to one organization cannot be transferred to another organization.
7. No event license will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.

F District Sport Committee Biennial Meetings

1. District Sport Committee Biennial Meeting. In even years, it is the duty of the District Sport Committee to hold a biennial meeting, the date, time, and location of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee.
2. **Notice of District Sport Meetings.** Notice of the biennial or special meetings of the District Sport Committee will be given to all clubs with members registered in the sport. Notice shall be sent not less than 30 or more than 60 days prior to the scheduled Meeting.
 - a. Quorum. Five (5) member clubs with voting eligibility must be present to constitute a quorum of the Biennial Sport Committee meeting.
 - b. Voting. Each club that has registered at least five (5) individual members in the sport during the current year shall appoint one (1) representative to serve on the District Sport Committee. The representative shall be designated on the club Membership application.
 - I. The club by written notice to the District Sports Director may withdraw its representative and submit a new representative. Written notice to the District Sports Director of the withdrawal and replacement must be received seven (7) days prior to the meeting. The Club Replacement shall be at least eighteen (18) years of age as of the date of the meeting.
 - II. There shall be no voting by proxy.
 - III. Each members of the Sport Committee shall have one vote.
 - c. Minutes of the meeting must be written and filed with the District Secretary and the National AAU Compliance Department.

U. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following:
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee.
 - b. District Sport Committee Officers as defined by that sport's operating rules
 - c. The Governor may appoint up to two (2) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:
 - a. In even years, hold a Biennial meeting, the date, time, and location of which shall

- be approved by the District Executive Committee.
- b. Adopt at the Biennial Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
- c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
- d. Provide for the conduct of the District championships.
- e. If the District Sport Committee is organized as an administration club under the AAU, it shall annually file the Location of Assets Report with the District Office, and forward a copy to the National Office.

H. Functions of the District Sport Director

1. **Election.** In each sport in which five or more club members have designated the sport as its primary sport, the Director shall be elected by the Committee at its Biennial Meeting. The District Sport Director takes office upon election.
2. **Appointment.** When there are fewer than five clubs registered to the Sport, the Sport Director may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
3. **Term of Office.**
 - a. The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. Once elected, each District Sport Director is required to purchase a four. (4)-year membership that will complete their entire term.
 - b. The term of office for an appointed District Sport Director shall be one year; or until removed by the Governor; or until the Sport Committee has met the criteria to elect a Director.
 - c. Vacancies. A vacancy occurring in an elected District Sport Director position shall be filled by the Governor with approval of the National Sport Committee Chair.
 - d. If a District Sport Director vacancy occurs, or if a sport reaches the five-club threshold, between a scheduled election year and the next Biennial Meeting, there shall be an election at the interim Biennial Meeting for a director to serve until the next regularly scheduled election. All Notice and nomination requirements must be complied with.
4. **Duties.** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the District Treasurer.
 - b. Perform the duties set forth in the Committee Rules of Operation.
 - c. Review and approve, or for reasonable cause deny, event licenses in the sport.
 - d. Maintain records of the District Sport Committee, including but not limited to the minutes of all meetings, the budget, location of assets report (if required), and the District Sports Committee rules.
 - e. Preside at Sport Committee meetings.
 - f. Prepare, or have prepared, meeting minutes (which shall be approved at all District Sports Committee meetings). Forward a copy of all minutes to the National Office and District Secretary no later than 30 days following the District Sport Committee meeting.
 - g. File a copy of all records requested by the District Secretary and the AAU National Office Compliance Department no later than 30 days following District Sport Committee meetings.
 - h. At the conclusion of service as Sport Director, turn over all records to the successor to the position.
5. **Removal.** District Sport Directors may be removed as follows:

2024 - 2025 AAU DANCE NATIONAL RULES

- a. By District Sport Committee. An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Biennial meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. By National Sport Chair. Each National Sport Chair shall annually review the number of events held in their sport. If the minimum number of licensed days of activity, excluding practice licenses is below the minimum established by the National Sports Council the National Sport Chair may remove the District Director with consent of the Governor. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision, which shall be binding.
- b. By National Board of Review. A Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings.
- c. By the National Board of Review Chair after the failure of the District Sports Director to file minutes, reports and records as required by this article.

The complete AAU Code Book is available at aausports.org

APPENDIX A

AAU National Dance Executive Committee Directory

National Dance Chair

Deborah Stegeman
951-850-5318

AAUDance.Deborah@gmail.com

Vice Chair - Robert Huffman
951-850-0422

Robert@Pezazz.com

Galina Silverman
818-481-6841

galinasilverman@yahoo.com

Anya Goldman
925) 286-2752

adg.mbc@gmail.com

Luis Espinosa
Breaking

203-610-9694

Lu@probreakingtour.com

2025 AAU Junior Olympic Games Dance Committee
Executive Committee, Chris Williams , Todd Wakefield,
Mary De Paoli, Anne Gottwald, Victor Kanessvsky

AAU National Office

Crystal Mannino
Senior Sport Manager
407-828-4741
crystal@aausports.org

Tony Staley
Director of Sports
407-934-7200
tony@aausports.org

PO Box 22409 Lake Buena Vista, FL 32830

APPENDIX

NATIONAL SPORT COMMITTEE AWARDS

JOE FARRELL AWARD

2024 Wagner Machado-Nito
Concord, CA

OUTSTANDING OFFICIALS AWARD

Mary DePaoli
2016-2024 Dress Code Invigilator

Brodie Kaster
2018-2023 Master of Ceremonies

Melissa Cyr
2018-2022 On Deck Captain

VOLUNTEER OF THE YEAR AWARD

Galina Silverman
2016-2024

PERSISTENT LEADERSHIP AWARD

Tricia Leslie
2019-2023

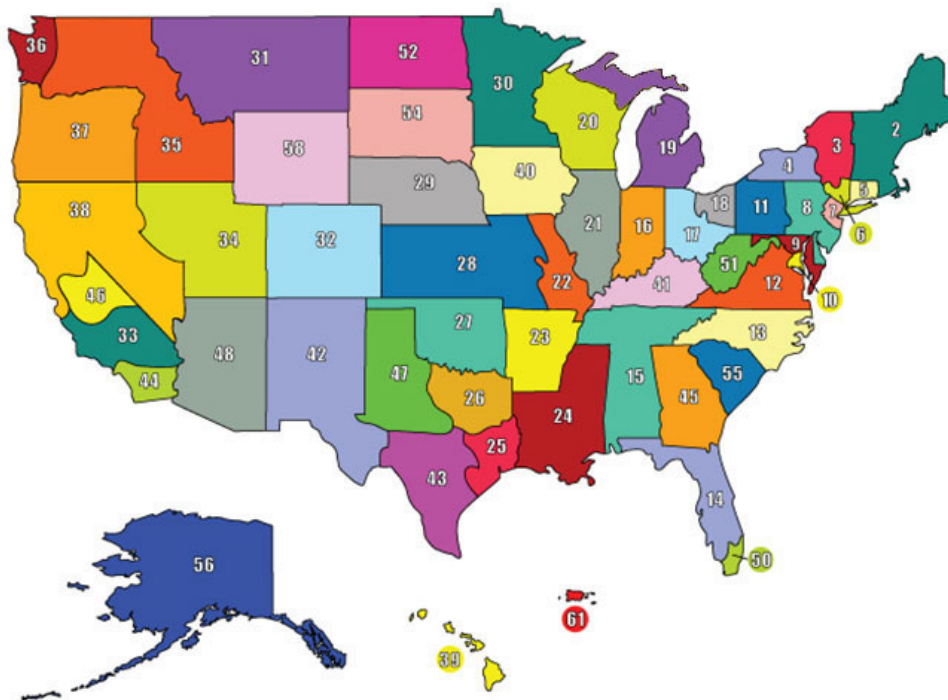
CLUB STAR AWARDS

Five Years or more Consistent Attendance

2016 – 2024 **Mystique Ballroom**
2016 – 2023 **Steppin Out Studio**
2016-2023 **Orange County School of Arts**

For a list of District Directors, please visit www.ausports.org

APPENDIX C District Map and Alignment



3 - ADIRONDACK DISTRICT (Organized January 31, 1920). That portion of New York State east and north of Broome, Cortland, Dutchess, Onondaga, Orange, Oswego, and Sullivan Counties. Neighboring Districts: Connecticut, Middle Atlantic, New England, New York Metropolitan and Niagara.

56 - ALASKA DISTRICT (Organized December 3, 1965). State of Alaska. Neighboring Districts: None

48 - ARIZONA DISTRICT (Organized March 10, 1956). State of Arizona. Neighboring Districts: Colorado, New Mexico, Pacific Southwest, Southern Nevada, Southern Pacific, and Utah

23 - ARKANSAS DISTRICT (Organized February 16, 1936). State of Arkansas and (added December 1948) Bowie County, Texas. Neighboring Districts: Southeastern, Southern, Southwestern, Oklahoma, Missouri Valley, and Ozark

12 -CENTRAL DISTRICT (Organized 1890). Illinois, except Calhoun, Greene, Jersey, Madison, Monroe, and St. Clair Counties (counties of Calhoun, Greene, Jersey, Madison, Monroe, and St. Clair given to Ozark District, with reservation that all judo therein to be controlled by Central District).Neighboring Districts: Wisconsin, Iowa, Ozark, Kentucky and Indian

46 - CENTRAL CALIFORNIA DISTRICT (Organized 1952). Counties of Fresno, Inyo, Kern, Kings, Madera, Mariposa, Merced, Mono, Tulare in the State of California. (Territory re-aligned, December 1963).Neighboring Districts: Pacific, Southern Nevada, and Southern Pacific

32 - COLORADO DISTRICT (Organized November 1906). State of Colorado. (Territory re-aligned December 1963, 1965, 1968. Renamed October 2004.)
Neighboring Districts: Wyoming, Nebraska, Missouri Valley, Oklahoma, New Mexico, Arizona, and Utah

5 - CONNECTICUT DISTRICT (Organized September 17, 1929). State of Connecticut.
Neighboring Districts: Adirondack, New England, and New York Metropolitan

14 - FLORIDA DISTRICT (Organized January 1925). Florida, except Miami-Dade (official county name has been changed to Miami-Dade), Broward, that part of Hendry County West of Route 833 and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972, and 1999.)Neighboring Districts: Florida Gold Coast, Georgia and Southeastern

50 - FLORIDA GOLD COAST DISTRICT (Organized December 30, 1959). Counties of Broward, Miami-Dade (official county name has been changed to Miami-Dade), that part of Hendry County East of Route 833, and Palm Beach Counties. (Territory re-aligned, December 1958, 1959, 1963, 1972 and 1999.)Neighboring Districts: Florida

45 - GEORGIA DISTRICT (territory realigned September 1989). State of Georgia
Neighboring Districts: Florida, North Carolina, Southeastern and South Carolina

25 - GULF DISTRICT (Organized March 6, 1931). That part of the State of Texas bounded on the North and including the counties of Angelina, Houston, Leon, Nacogdoches, Robertson, and Shelby; on the East by the State of Louisiana; on the South by the Gulf of Mexico and on the West by and including the counties of Austin, Brazos, Colorado, Fort Bend, Grimes, Matagorda, Robertson, Waller, Washington, and Wharton. (Territory re-aligned September 1992.)Neighboring Districts: Southern, Southwestern and South Texas

39 - HAWAIIAN DISTRICT (Organized November 1910). State of Hawaii. Neighboring Districts: None

16 - INDIANA DISTRICT (Organized August 22, 1919). All of State of Indiana excepting Clark, Dearborn, and Floyd Counties with the reservation that all wrestling therein be controlled by the Indiana District. Neighboring Districts: Central, Kentucky, Michigan, and Ohio

35 - INLAND EMPIRE DISTRICT (Organized April 25, 1937). State of Washington, counties of Adams, Asotin, Benton, Chelan, Columbia, Douglas, Ferry, Franklin, Garfield, Grant, Kittitas, Klickitat, Lincoln, Okanogan, Spokane, Stevens, Walla Walla, Whitman, and Yakima County. State of Idaho, State of Nevada, counties of Elko, Eureka, and White Pine. (Territory re-aligned September 1987.)Neighboring Districts: Pacific Northwest, Pacific, Oregon, Southern Nevada, Utah, Wyoming, and Montana

40 - IOWA DISTRICT (Organized January 15, 1939). State of Iowa.

Neighboring Districts: Minnesota, South Dakota, Wisconsin, Missouri Valley, Nebraska, Ozark and Central

41 - KENTUCKY DISTRICT (Organized February 27, 1939). The Commonwealth of Kentucky and Clark and Floyd County in the State of Indiana (except for the sports of wrestling, boys', and girls' basketball). (Territory re-aligned, September 1987; October 2003). Neighboring Districts: Central, Indiana, Ohio, Ozark, Southeastern, Virginia and West Virginia

18 - LAKE ERIE DISTRICT (Organized January 5, 1931, As Northeastern Ohio District. Name changed at 1956 Convention). The Counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawas and Wayne. (Territory re-aligned December 1960 and September 1991.)
Neighboring Districts: Ohio and Western Pennsylvania

9 - MARYLAND DISTRICT (Organized, 1981). State of Maryland (except the counties of Montgomery and Prince Georges.) (Territory re-aligned December 1968.)
Neighboring Districts: Potomac, Virginia, West Virginia, Western Pennsylvania, and Middle Atlantic

19 - MICHIGAN DISTRICT (Organized November 1923). State of Michigan. (Territory re-aligned December 1962 and October 1971.)
Neighboring Districts: Indiana and Ohio

8 - MIDDLE ATLANTIC DISTRICT (Organized 1906). New Jersey, south of Mercer and Monmouth County; all of the State of Delaware and the Commonwealth of Pennsylvania, east of and including Bedford, Centre, Clinton, and Potter Counties (Territory re-aligned December 1962.) Neighboring Districts: Adirondack, New Jersey, New York Metropolitan, Niagara, Western Pennsylvania, and Maryland

30 - MINNESOTA DISTRICT (territory realigned September 1989). State of Minnesota.
Neighboring Districts: Iowa, North Dakota, South Dakota, and Wisconsin

28 - MISSOURI VALLEY DISTRICT (Organized February 14, 1931). All of Kansas and that portion of the western part of the state of Missouri including and bounded by Adair, Audrain, Benton, Callaway, Christian, Cole, Greene, Hickory, Macon, Montineau, Morgan, Polk, Randolph, Schuyler, and Taney. (Territory re-aligned December 1962.)
Neighboring Districts: Iowa, Nebraska, Colorado, Oklahoma, Arkansas, and Ozark

31 - MONTANA DISTRICT (Organized February 15, 1936). State of Montana. Neighboring Districts: Inland Empire, North Dakota, South Dakota, and Wyoming

29- NEBRASKA DISTRICT (Organized June 26, 1922). State of Nebraska. (Territory re-aligned September 1986.) Neighboring Districts: South Dakota, Wyoming, Colorado, Missouri Valley, and Iowa

2 - NEW ENGLAND DISTRICT (Organized, 1890). New Hampshire, Maine, Massachusetts, Rhode Island, and Vermont. (Territory re-aligned September 1987.)
Neighboring Districts: Adirondack and Connecticut

7 - NEW JERSEY DISTRICT (Organized April 21, 1930). New Jersey north of and including Hudson, Mercer, and Monmouth Counties. Neighboring Districts: Middle Atlantic and New York Metropolitan

42 - NEW MEXICO DISTRICT (Organized May 29, 1947). State of New Mexico and the counties of Brewster, Culbertson, Crockett, El Paso, Hudspeth, Jeff Davis, Presidio and Terrell in the State of Texas. (Territory re-aligned September 1988.)
Neighboring Districts: Colorado, Utah, Arizona, West Texas, South Texas, and Oklahoma

6 - NEW YORK METROPOLITAN DISTRICT (Organized, 1890). New York, south of and including Dutchess, Orange, Sullivan, and Ulster Counties; also, the Canal Zone. (Renamed October 2004)
Neighboring Districts: Adirondack, Connecticut, Middle Atlantic, and New Jersey

4 - NIAGARA DISTRICT (Organized September 27, 1919). State of New York west of and including Broome, Cortland, Onondaga, and Oswego Counties.
Neighboring Districts: Adirondack, Middle Atlantic, and Western Pennsylvania

13 - NORTH CAROLINA DISTRICT (Organized December 5, 1965). State of North Carolina. Neighboring Districts: Georgia, South Carolina, Southeastern and Virginia

52 - NORTH DAKOTA DISTRICT (Organized December 1, 1962). State of North Dakota
Neighboring Districts: Minnesota, Montana, and South Dakota
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17 - OHIO DISTRICT (Organized May 1, 1923). State of Ohio (except the counties of Ashland, Ashtabula, Belmont, Columbiana, Crawford, Cuyahoga, Erie, Geauga, Huron, Jefferson, Lake, Lorain, Mahoning, Medina, Portage, Richland, Seneca, Stark, Summit, Trumbull, Tuscarawus and Wayne); and the Dearborn County in the State of Indiana. (Territory re-aligned, December 1959, 1960, 1962, 1963, and October 2003).
Neighboring Districts: Indiana, Lake Erie, Michigan, Kentucky, West Virginia, and Western Pennsylvania

27 - OKLAHOMA DISTRICT (Organized February 23, 1936). State of Oklahoma.
Neighboring Districts: Missouri Valley, Colorado, New Mexico, West Texas, Southwestern and Arkansas

37 - OREGON DISTRICT (Organized September 23, 1935). State of Oregon and the following counties of Washington: Clark, Cowlitz, and Skamania. (Territory re-aligned September 1987.) Neighboring Districts: Inland Empire, Pacific, and Pacific Northwest

22 - OZARK DISTRICT (Organized, 1935). Missouri east of and including the following counties, Camden, Dallas, Douglas, Knox, Miller, Monroe, Montgomery, Osage, Ozark, Pike, Scotland, Shelby, including the city of St. Louis, and Webster. Counties of Calhoun, Greene, Jersey, Madison, Monroe, and St. Clair in Illinois with reservation that all judo therein be controlled by Central DISTRICT. (Territory re-aligned December 1962.)
Neighboring Districts: Arkansas, Central, Kentucky, Iowa, Missouri Valley and Southeastern

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38 - PACIFIC DISTRICT (Organized, 1890). The State of California, north of but not including the counties of Fresno, Madera, Mariposa, Merced, Mono and San Luis Obispo

and the Counties of Churchill, Douglas, Humboldt, Lander, Lyon, Mineral, Ormsby, Pershing, Story, and

Washoe in the State of Nevada. (Territory re-aligned December 1961 and December 1962 and 1963.)

Neighboring Districts: Central California, Inland Empire, Oregon, Southern Nevada, and Southern Pacific

36 - PACIFIC NORTHWEST DISTRICT (Organized June 1905). Washington, west of but not including Chelan, Kittitas, Okanogan, and Yakima Counties and north of but not including Cowlitz, Klickitat, and Skamania Counties. Neighboring Districts: Inland Empire and Oregon

44 - PACIFIC SOUTHWEST DISTRICT (Organized December 10, 1949, as Southwest Pacific Border DISTRICT. Name changed at 1956 Convention). Imperial and San Diego Counties, California. Neighboring Districts: Arizona and Southern Pacific

10 - POTOMAC VALLEY DISTRICT (Organized October 15, 1929). All territory within the District of Columbia, counties of Montgomery and Prince Georges in the State of Maryland, and counties of Arlington and Fairfax and cities of Alexandria and Falls Church in the Commonwealth of Virginia. (Territory re-aligned December 1968. Formerly District of Columbia District. Renamed December 1972.)

Neighboring Districts: Maryland and Virginia

61 - PUERTO RICO DISTRICT (Organized September 8, 1984). Puerto Rico and U.S. Virgin Islands. Neighboring Districts: None

55 - SOUTH CAROLINA DISTRICT (Organized December 5, 1965). State of South Carolina. Neighboring Districts: Georgia and North Carolina

54 - SOUTH DAKOTA DISTRICT (Organized December 4, 1964). State of South Dakota. Neighboring Districts: Iowa, Minnesota, Montana, Nebraska, North Dakota, and Wyoming

43 - SOUTH TEXAS DISTRICT (Organized November 12, 1945). That part of the State of Texas bounded on the East by and including the counties of Burleson, Fayette,

Jackson, Lavaca, Lee, Milam and on the South by the Gulf of Mexico and the Republic of Mexico; on the West by and including the counties of Schleicher, Sutton, and Val Verde, and on the North by and including the counties of Bell, Burnett, Coryell, Falls, Lampasas, Llano, Mason, and Menard. (Territory re-aligned December 1961, 1963, and September 1992.) Neighboring Districts: Gulf, Southwest, South Texas, New Mexico, and West Texas

15 - SOUTHEASTERN DISTRICT (Organized August 13, 1951). The State of Alabama and the State of Tennessee. (Territory re-aligned December 1958, December 1972, September 30, 1989, and September 1999) Neighboring Districts: Kentucky, Virginia, North Carolina, Georgia, Southern, Arkansas and Ozark

24 - SOUTHERN DISTRICT (Organized, 1892). The State of Louisiana and the State of Mississippi. www.saaau.org Neighboring Districts: Southeastern, Arkansas, Gulf and Southwestern

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33 - SOUTHERN PACIFIC DISTRICT (Organized November 1909). Including the counties of Los Angeles, Orange, Riverside, San Bernardino, San Luis Obispo, Santa Barbara, and

Ventura all within the State of California. (Territory re-aligned October 1973.) Neighboring Districts: Arizona, Central California, Pacific, Pacific Southwest, Southern Nevada

26 - SOUTHWESTERN DISTRICT (Organized May 8, 1936). That part of the State of Texas bounded on the South but not including the counties of Angelina, Brown, Callahan, Coryell, Falls, Houston, Lampasas, Leon, Milam, Mills, Nacogdoches, Robertson and Shelby; on the East by the State of Louisiana, State of Arkansas and the county of Bowie, Texas; on the North by the State of Oklahoma and the county of Bowie, Texas and on the West by the counties of, but not including Foard, Hardeman, Haskell, Jones and Knox in the State of Texas. (Territory re-aligned September 1992.)

Neighboring Districts: Oklahoma, Arkansas, Southern, Gulf, South Texas, and West Texas

34 - UTAH DISTRICT (Organized November 1910). State of Utah. (Territory re-aligned December 1978.) Neighboring Districts: Inland Empire, Wyoming, Colorado, New Mexico, Arizona, and Southern Nevada

12 - VIRGINIA DISTRICT (Organized December 9, 1934). Commonwealth of Virginia (except the Counties of Arlington and Fairfax and cities of Alexandria and Falls Church.) (Territory re-aligned December 1968.) Neighboring Districts: Potomac Valley, West Virginia, Kentucky, Southeastern and North Carolina

11 - WESTERN PENNSYLVANIA DISTRICT (Organized November 16, 1917). All counties in Pennsylvania west of Bedford, Centre, Clinton, Huntingdon and Potter Counties and the Counties of Brooke, Hancock, Marshall, and Ohio in West Virginia. (Territory re-aligned December 1959 and September 1991.)

Neighboring Districts: Middle Atlantic, Niagara, Maryland, West Virginia, Ohio, and Lake Erie

47 - WEST TEXAS DISTRICT (Organized 1952). All that part of the State of Texas bounded on the South side and including the counties of Concho, Irion, McCulloch, Pecos, Reeves, Regan, San Saba, Tom Green and Upton, on the West by the State of

New Mexico; on the North by the State of Oklahoma; on the East by the State of Oklahoma and by and including the counties of Brown, Callahan, Foard, Hardeman, Haskell, Jones, Knox, Mills and San Saba in the State of Texas. (Territory re-aligned December 1961; October 1976.) Neighboring Districts: Oklahoma, New Mexico, South Texas and Southwestern

51 - WEST VIRGINIA DISTRICT (Organized February 28, 1960). The State of West Virginia. (Territory re-aligned December 1963, October 1973, and October 2003)

Neighboring Districts: Maryland, Western Pennsylvania, Ohio, Kentucky, and Virginia

20 - WISCONSIN DISTRICT (Organized June 6, 1935). State of Wisconsin. (Territory re-aligned December 1964 and September 30, 1989)

Neighboring Districts: Michigan, Minnesota, Iowa and Central

58 - WYOMING DISTRICT (Organized December 9, 1968). State of Wyoming. Neighboring Districts: Montana, South Dakota, Nebraska, Colorado, Utah, and Inland Empire.

APPENDIX D**Definitions/Glossary**

AAU Code - The AAU Code is the collective reference to the Constitution, Bylaws, National Policies, National Sports Committee rules and District Sport Committee rules and regulations. The AAU Code is available at www.aausports.org.

Athlete - A person who participates in an AAU sports activity as defined by the appropriate AAU Adult or Youth Sports Committee in regard to eligibility, rules, age, gender, etc.

Attached - An individual registered athlete becomes attached to an AAU club or team when the athlete participates as a club representative in a competition sanctioned by a District which includes two or more teams.

Membership - An agreement to participate under the rules, regulations, Code, policies, and procedures of the AAU. Membership entitles participation; it does not create agency or authorize member(s) to be spokesperson(s) on behalf of AAU.

Non-Athlete - A person who participates in the AAU in an administrative role such as Administrator, Bench Personnel, Coach, Instructor, Manager, Official, Team Leader, Tournament Director, Volunteer or other who supports the sport's activity but does not compete as an athlete.

Practice - For the purpose of AAU sanctioning, "practice is organized and/or regularly scheduled sessions supervised at all times by a registered non-athlete member of the AAU and conducted for the purpose of preparing, training, instructing, and conditioning only AAU member athletes for AAU sanctioned competitions. Tryouts and scrimmages are included as long as they meet all the requirements of the above definition.

*Practices do not require a separate sanction application but are included in the AAU Club Membership (Level 1, 2 and 3).

License - The written approval of the AAU to authorize registered athletes to participate in a specific competition or activity (Updated 10/13).

Scrimmage - A practice of an AAU member club against other member athletes or another club. A scrimmage does not qualify as a practice if an admission fee is charged, or the officials are paid. Scrimmage results must not affect the team's standing or rankings.

Supervision - Supervision requires that an AAU non-athlete member (coach/instructor) be physically present at all times at the practice premises or site during each practice session.

Transfer - A change in an athlete's attachment, or club affiliation, from one club to another.

Unattached - An AAU Athlete who represents no club member

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