



AAU DANCE

GETTING STARTED

www.aaudance.org



#WeAreAAU

The AAU Dance program offers opportunities for boys and girls, all ages, in all skill levels to participate in dance. Events are held throughout the country, including local competitions, invitationals, District Championships, Regional Championships and the National Championship. Events are conducted under the current AAU Code, and AAU Dance Handbook.

BENEFITS OF COMPETING IN AAU EVENTS

- 1. INSURANCE.** AAU members receive coverage from a multi-million-dollar insurance program.
- 2. NATIONAL CHAMPIONSHIPS.** AAU members have an opportunity to compete in national championship events at world-class facilities across the country.
- 3. SAFETY.** All non-athletes (coaches) must pass a background screening before competing in AAU Events.
- 4. MEMBERSHIP.** Nationally recognized non-profit multi-sport organization that anyone can join and compete.
- 5. EVENTS.** Freedom and flexibility in conducting programs and hosting events.

AGE DIVISIONS

The AAU Dance program provides an avenue of competition from many ages and both genders. For more specific details on age division please visit the website and review the AAU Dance handbook.

Tiny: 5 Years Old & Under. **Mini:** 5-9 Years Old. **Junior:** 8-12 Years Old. **Youth:** 12-15 Years Old. **Senior:** 15-19 Years Old. **Open:** 13 Years Old or Over. **Adult:** 21 Years and Over.

UPCOMING Events



PLEASE VISIT WWW.AAUDANCE.ORG FOR MORE INFO.

CONTACTS

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